



# BEATING the BLUES

Beating The Blues (BtB) is designed to help you better manage the big and small challenges that can get in the way of living life to the fullest. BtB is one tool in your 'toolbox' of strategies towards managing anxiety and depression.



888-545-2600  
www.DBHIDS.org

## Benefits



- Online & accessible anywhere
- Easily incorporated into busy schedules
- No cost or no insurance needed to use the program



- Confidential and private
- Coaching support available
- Proven to help reduce anxiety and depression in as little as 8 weeks



- Results are quick and effective (when program is fully completed)

## Program

is a self-guided, evidence-based and easy to use program:

- teaches cognitive-behavioral skills to improve mental health and wellness
- walks a user through eight, 50-minute online sessions
- is accessible anywhere with an internet connection
- let's a user go at the pace that feels most comfortable

**Learn more** [www.BeatingtheBlues.com](http://www.BeatingtheBlues.com)

**Email** [BeatingtheBlues@MHASP.org](mailto:BeatingtheBlues@MHASP.org)

**Call** (267) 507-2990

**Take an active role in your own care today! Sign up Now.**

[SurveyMonkey.com/r/BtB\\_Registration](https://www.surveymonkey.com/r/BtB_Registration)

**Note:** This is not a primary treatment or substitution for medication or therapy.