

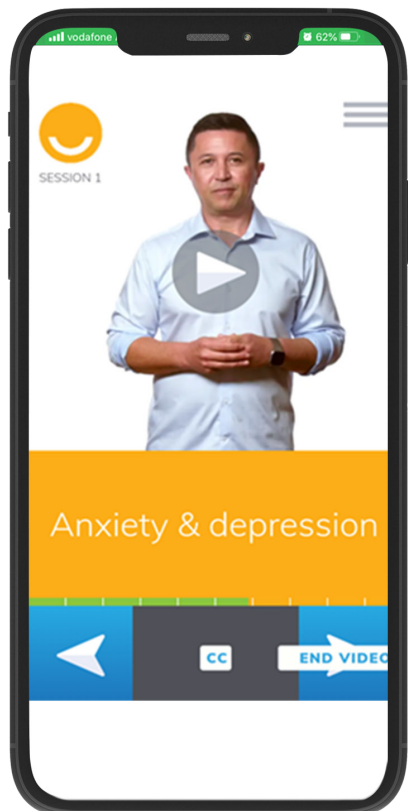


# Beating the Blues

## Beat depression & anxiety



## Help your patients by prescribing fully funded online CBT therapy



Beating the Blues is the most widely used and evidence-based online CBT treatment program for anxiety and depression.

- Fully funded by Te Whatu Ora for 18+ living in New Zealand
- Interactive, online, confidential
- 8 weekly 50-minute sessions
- Access via mobile, tablet or computer
- Available for any GP with any PMS/Patient Portal
- Endorsed by National Institute for Health & Care Excellence

For more info or to register a patient go to  
[beatingtheblues.co.nz](https://beatingtheblues.co.nz)





## Help your patients with mild to moderate anxiety or depression with a FREE online CBT tool, funded by the Ministry of Health.

- It is estimated that between 20% and 40% of patients presenting in Primary Care, present with issues relating to their mental health.
- Beating the Blues is New Zealand's only fully funded, evidence-based, online Cognitive Behavioural Therapy program for the treatment of mild and moderate depression.
- Beating the Blues is fully funded in New Zealand by the Ministry of Health and its use is indicated as a Stage 2 treatment as per the direction of the NZ Guidelines Group. There is no cost to the prescriber or patient to access this service.
- Beating the Blues has been clinically proven in independent randomised controlled trials and has been recommended for use in the National Health Service, UK by the National Institute for Health and Clinical Excellence.
- The program is made up of 8 weekly sessions each lasting 50 minutes. It is interactive, completely confidential, and can be completed anywhere and anytime via mobile, tablet or computer.
- To prescribe Beating the Blues to your patients, you simply need to register for free access and you can enroll your patients to the program from within Medtech using Manage My Health.
- Progress and activity reports are available so you can track their progress and you are alerted if they record any potentially harmful behaviours requiring intervention or support.
- Help support the mental health of your patients with Beating the Blues and Manage My Health.



Email us at:  
[btb.support@managemyhealth.co.nz](mailto:btb.support@managemyhealth.co.nz) to  
start prescribing now  
OR  
visit [beatingtheblues.co.nz](https://beatingtheblues.co.nz)