

# Patient and Client Council

Your voice in health and social care

## Beating the Blues

Computerised Cognitive Behavioural Therapy Programme

**Have you used 'Beating the Blues'?**

**Do you want to share your views about it?**

The Patient and Client Council and the Bamford Monitoring Group are asking patients about their experience of using the 'Beating the Blues' programme.

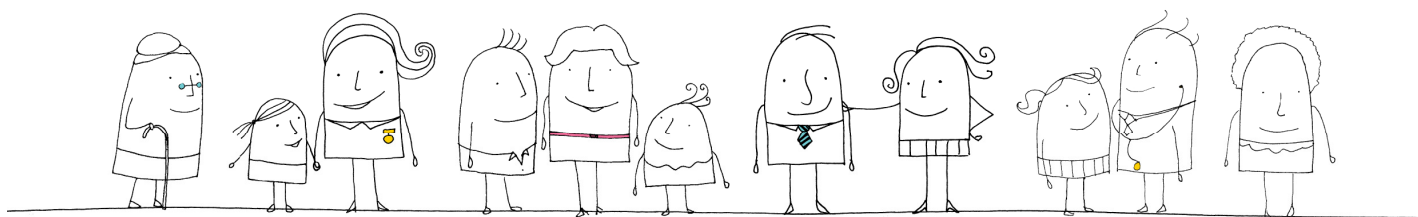
We want to know what people think about 'Beating the Blues' and if they consider it to be a useful treatment option.

**What do YOU think? ...**

All you need to do is type the following link into your internet browser to access the questionnaire:

[www.surveymonkey.com/s/beatingtheblues](http://www.surveymonkey.com/s/beatingtheblues)

For further information, please contact Gillian McMullan,  
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