

LifeSolutions® Featured Service

Beating the Blues

LifeSolutions is excited to bring Beating the Blues US™ to our members. Developed in the United Kingdom and validated through research, Beating the Blues uses cognitive behavioral therapy to treat depression, anxiety, and stress. This online self-help program gives participants the tools to cope with problems and feel more positive about their lives.

Beating the Blues US offers a lot to feel good about:

- ◆ The program is available at no cost to members.
- ◆ It can be used by employees and members of their household who are 18 years of age and older.
- ◆ The program is voluntary and completely confidential. Participants who enroll and then decide it's not for them can be connected to alternate resources.
- ◆ Eight online sessions let participants proceed at their own pace, on their own schedule. Ideally participants complete one session per week.
- ◆ An assigned “helper” assists with getting started and addresses any questions that arise.

Are you interested? **Contact us.**

- ◆ If you are an employee or household member, call **1.800.647.3327** to see if your company is covered.
- ◆ If you are considering *LifeSolutions* for your organization, call **1.866.229.3507**.

 LifeSolutions®