



BLUES BEGONE

THE EFFECTIVE SOLUTION TO WORKPLACE DEPRESSION, STRESS AND THE COSTS OF MENTAL HEALTH PROBLEMS

POOR PERFORMANCE AFFECTS PRODUCTIVITY AND PROFITABILITY

Mental health problems in the workplace is a substantial cost to every employer, it affects productivity and profitability. Depressed workers lose 4.1 hours of productivity every week over their non depressed colleagues. Depression accounts for 48% of all lost productive time for depressed workers in an organisation.

Depression is a very common mental health problem widely distributed within the population with a national lifetime prevalence of 16.3%. Every organisation is affected by depression, anxiety and stress related disorders and disability. Depression costs the U.S. economy an estimated \$44 billion per year.

Workers who have their depression treated are more likely to remain employed and have fewer days missing from work due to illness and disability.

An effective treatment of depression without drugs or counselling is now available. Blues Begone is an innovative computer based Cognitive Behavior Therapy program that successfully treats depression, anxiety and stress with no side effects.

- ✓ Blues Begone can reduce depression and its costs by an average of 60%
- ✓ Blues Begone can reduce anxiety and stress by an average of 50%
- ✓ Blues Begone can reduce lost productive time, disability and time off work
 - ✓ Blues Begone is confidential and easy to use
 - ✓ Blues Begone is proven clinically effective

Blues Begone can enhance staff retention and productive time at work.
Blues Begone can reduce the costs of mental health problems and increase profitability.

Therapy Software Solutions (TSS), 17 Eldon Square, Reading, Berkshire, UK, RG1 4DP

Tel: +44 (0)118 9575927 **Mob:** 0780 1289787

UK: E-mail: d.purves@bluesbegone.co.uk

USA: E-mail: byron.purves@bluesbegone.com

UK: Website: www.bluesbegone.co.uk

USA: Website: www.bluesbegone.com