Since Espyr is not your traditional EAP, we’ve developed an innovative, cost-efficient way for your employees to rebound. Beating the Blues (BtB) is the first and only web-based cognitive behavioral therapy program recognized by the U.S. Substance Abuse and Mental Health Service Administration (SAMSHA) as a proven, evidence based treatment for depression and anxiety.
STRUCTURE

> On-line cognitive behavior therapy (CBT) accessible via personal computer anywhere.
> Eight personalized sessions for treatment of depression and anxiety.
> Includes education, self-assessment, goal setting & homework.
> Guided interventions to identify and change thoughts, beliefs and perceptions associated with depression and anxiety.

SUPPORT

> 9 out of 10 who Have Completed BtB Would Recommend it to Others
> 70% of Those who Have Completed BtB Have Been Able to Lessen Their Depression or Anxiety Symptoms
> Highly Stressed Employees Incur 46% Higher Healthcare Costs

Beating the Blues can be equally effective as in-person counseling, is conveniently accessed and highly cost effective. Plus, its effectiveness is supported by over 14 years of clinical research in the US and Europe. BtB is a proven, affordable choice to improve productivity and retention, build a more positive work culture and help your organization thrive.