



**SESSION 1 COMPLETION QUESTION,  
DAY 7 @ 14:00**

Have you completed Session 1 of Beating the Blues? Text #1 for Yes or #2 for No, Thanks Flo

**PATIENT REPLIES  
"#1" (YES)**

Congratulations. The next session will help you to establish a clear picture of your problems and their causes. Flo

**PATIENT REPLIES  
"#2" (NO)**

That's fine. Try and set some time aside. The first session is the longest. Keep with the programme and learn how CBT techniques can help you. Flo

**SESSION 2 COMPLETION QUESTION,  
DAY 17 @ 14:00**

Hi. Have you managed to complete your latest session of Beating the Blues yet? Text #1 for Yes or #2 for No

**PATIENT REPLIES  
"#1" (YES)**

Great. By completing the sessions you are learning the building blocks to tackling problems in the here and now rather than in the past. Keep with it. Flo

**PATIENT REPLIES  
"#2" (NO)**

Stick with it. By completing the sessions you are learning the building blocks to tackling problems in the here and now rather than in the past. Take care. Flo

**SESSION 3 COMPLETION QUESTION,  
DAY 24 @ 14:00**

Hi, Flo here, Have you managed to complete your latest session of Beating the Blues? Text #1 for Yes or #2 for No

**PATIENT REPLIES  
"#1" (YES)**

Well done. You are making great progress through the programme. Hopefully you are finding the sessions useful for your own situation. Take care Flo

**PATIENT REPLIES  
"#2" (NO)**

The programme will show CBT techniques that can help with depression and anxiety. Try to complete your next session today! Take care, Flo

**SESSION 4 COMPLETION QUESTION,  
DAY 32 @ 14:00**

Hi Flo here. How are you getting on with BtB? Do you wish to continue with the ONLINE BtB programme? Text #1 for Yes or #2 for No

**PATIENT REPLIES  
"#1" (YES)**

Well done. You are making great progress through the programme. Hopefully you are finding the sessions useful for your own situation. Take care Flo

**PATIENT REPLIES  
"#2" (NO), ALERT  
TRIGGERED**

The programme will show CBT techniques that can help with depression and anxiety. Try to complete your next session today! Take care, Flo

**ADDITIONAL MESSAGE TRIGGERED**

If you change your mind you can always ask to be re-referred or contact 01698 366740 for further advice. Take Care Flo.

**SESSION 5 COMPLETION QUESTION,  
DAY 43 @ 14:00**

Hi Flo again. Hope you are still making progress with BtB. Have you managed to complete your latest session of BtB? Text #1 for YES or #2 for NO

**PATIENT REPLIES  
"#1" (YES)**

Fantastic. Hopefully now you are starting to use some of the techniques that you have learned to improve your own situation. Well done, Flo

**PATIENT REPLIES  
"#2" (NO)**

Keep at it. Using the techniques that you have learned in the sessions can help with your own situation. Try and complete the session in the next day or so. Flo

**SESSION 6 COMPLETION QUESTION,  
DAY 55 @ 14:00**

Flo here, How are you getting on with BtB? Completed your latest session? Text #1 for YES and #2 for NO

**PATIENT REPLIES  
"#1" (YES)**

You are making great progress. For more information on mental health & well being visit Lanarkshire's Element website: [www.element.org.uk](http://www.element.org.uk) Take care Flo

**PATIENT REPLIES  
"#2" (NO)**

Keep going, each session is progress! For more information on mental health & well being visit Lanarkshire's Element website: [www.element.org.uk](http://www.element.org.uk) Take Care, Flo

**SESSION 67 COMPLETION QUESTION,  
DAY 55 @ 14:00**

Hi, its Flo. Managed to complete your latest BtB session? Text #1 for YES or #2 for NO

**PATIENT REPLIES  
"#1" (YES)**

You're doing great and are well on track to completing the programme. Well done! Flo

**PATIENT REPLIES  
"#2" (NO)**

With each session you will learn more effective ways of solving problems that can help deal with your situation. Try and complete your latest session, Flo

**SESSION 7 COMPLETION QUESTION,  
DAY 77 @ 14:00**

Hi. Have you completed all 8 sessions yet? Text #1 for Yes or #2 for No. This will be your last question from Flo Thanks for taking part.

**PATIENT REPLIES  
"#1" (YES)**

Congratulations on completing Beating the Blues. You will now be sent an end of treatment postal questionnaire. Please complete and return it, thanks Flo

**PATIENT REPLIES  
"#2" (NO)**

That's ok. Some people take longer than others to complete the sessions. This is your last text from Flo but stay with the on line programme and keep going!