



Feeling low? Stressed? Anxious?

BounceBack® can help!

BounceBack®: **Reclaim your health** is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. It offers two forms of help.

1 Telephone coaching and workbooks

A referral is required to participate. Your family doctor or nurse practitioner can provide you with a referral. Alternatively, you can self-refer. To access the referral form, visit: bouncebackontario.ca

BounceBack is a guided self-help program in which a coach supports you in working through a series of workbooks.

- The program involves three to six telephone coaching sessions, which you can do from the comfort of your home.
- Your coach is there to help you develop new skills, keep you motivated, and monitor how you're doing.
- You and your coach will select from among 20 workbook topics that are best suited to your current needs. Some popular workbooks are: Being assertive; Changing extreme and unhelpful thinking; Overcoming sleep problems.
- Telephone coaching and workbooks are available in multiple languages.

2 BounceBack Today online videos

No referral is necessary. You can start watching our online video series today! Visit: bouncebackvideo.ca and enter access code: **bbtodayon**

BounceBack Today videos offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living.

The videos are available in English, French, Mandarin, Cantonese, Punjabi, Arabic, and Farsi.

Frequently asked questions

How much does BounceBack cost?

All BounceBack program materials and services are **free** for people living in Ontario who have a valid health card number.

Does BounceBack work?

BounceBack is based on cognitive behavioural therapy (CBT), which is the recommended approach to managing anxiety and depression. We are confident the program can teach you the skills and techniques to help you manage low mood and worry. Here's what a BounceBack client had to say: *"My biggest learnings from the program would be how to problem-solve more effectively, how to adjust my attitude, and it also reminded me that what I'm feeling is normal."*

If I'm referred, does it mean my doctor thinks I have a mental illness?

No. Often low mood and worry problems don't qualify for a formal mental health diagnosis, but they deserve attention in their own right. BounceBack is specifically designed for people experiencing stress, low mood, or anxiety, which can get in the way of life satisfaction.

Am I eligible for BounceBack if I'm taking an anti-depressant medication or participating in other mental health support programs?

Yes. You and your doctor or nurse practitioner must decide together whether BounceBack would be a useful addition to, or replacement for, other treatments or services you're receiving.

How to participate in BounceBack telephone coaching and workbooks:

- Visit: bouncebackontario.ca
- Print off a copy of the referral form and fill it out with your family doctor or nurse practitioner at your next visit. This is important so that the healthcare professionals who know you best can match your needs with the right support.
- Alternatively, you can self-refer by completing the referral form online and then emailing it to us at: bb-referral@cmha-yr.on.ca. Be sure to include the contact information for your primary care provider so that we can contact them on your behalf
- If you need help filling out the form or have any questions, contact us at: 1-866-345-0224

About the Canadian Mental Health Association (CMHA) Ontario



**Canadian Mental
Health Association**
Ontario

Incorporated in 1952, CMHA Ontario provides community-based programs and services across the province to meet the needs of individuals seeking support with their mental health and addictions. Our 30 local CMHA branches are part of a community-based mental health sector which services approximately 500,000 Ontarians annually.