

Helping adults and youth bounce back from low mood, stress, and anxiety



What is BounceBack[®]?

- A free mental health skill-building program based in Cognitive Behavioral Therapy that:
 - Provides access to 20 workbooks for managing low mood, stress, worry
 - Provides telephone support provided by trained coaches, oversight provided by clinical psychologists
 - Is suitable for people aged 13+ experiencing mild to moderate anxiety or depression

What does a BounceBack[®] Coach do?

- Provides support and encouragement
- Helps clarify the lessons in the workbooks
- Helps participants apply what they're learning to their own life
- Keeps participants motivated

BounceBack[®] coaches do not:

- Case manage, triage or refer to services
- Help participants with topics that fall outside the scope of BounceBack[®] materials
- Provide clinical advice, counselling or diagnosis of mental health conditions

How to refer:

- Check eligibility criteria and complete a BounceBack[®] referral online at bounceback.inputhealth.com/ereferral#patient

or

- Complete a BounceBack[®] referral form and fax the completed form to your local BounceBack[®] branch

Frequently Asked Questions

What is expected of me after I refer an individual to BounceBack® Telephone Coaching program?

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As a Primary Care Provider referring to BounceBack® Telephone Coaching Program, you maintain clinical responsibility for the individual for the duration of their participation. Clinical responsibility requires you to:

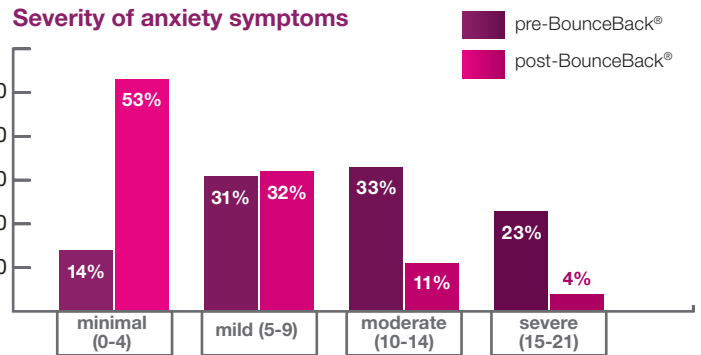
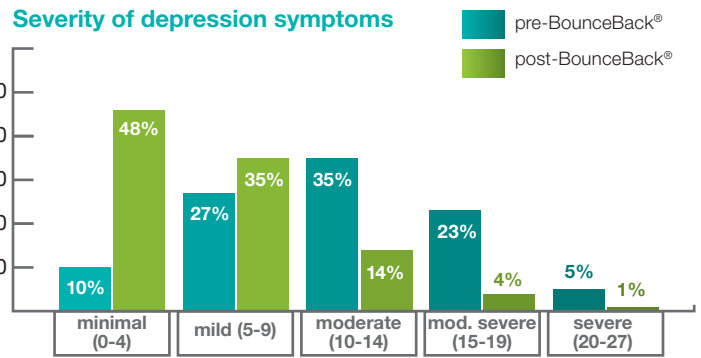
- **Assess eligibility** based on program participation criteria
- **Redirect ineligible participants to other services/supports**
- **Receive correspondence** regarding the participant's participation in the program including reports, enrollment status, and risk updates
- **Provide adequate follow up and support** if risk of suicide or self-harm is detected

Does BounceBack work?

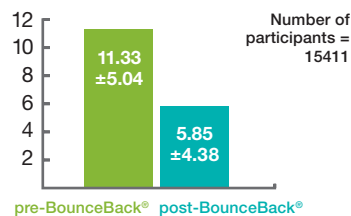
BounceBack® is based on cognitive behavioural therapy (CBT), proven to build skills and strategies that help people overcome low mood, stress, and worry. CBT is recognized as one of the most effective ways of helping build well-being and resiliency.

“I was really stuck in a depression without the option of taking medications. I felt I was just wasting my life and was never going to achieve happiness again. I knew a little bit about cognitive behavioural therapy and when my doctor recommended BounceBack® I decided to try it. I didn't expect much to improve but thought it would be a change from my daily routine of sitting in front of the TV and snacking. But it was actually fun to do and I started noticing the changes right from the start. I expect there will be challenging times ahead because life is like that but I now have some tools I can go to that I know will work.”

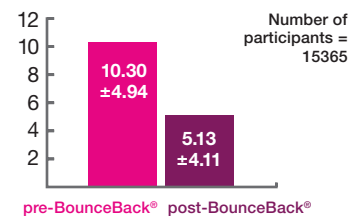
– BounceBack participant



Patient Health Questionnaire (PHQ-9 : Depressive Mood)



General Anxiety Disorder (GAD-7 Assessment Scale)



Are there other ways to access BounceBack?

Yes, there are two more free BounceBack® program options available without a referral or PCP attachment.

BounceBack Online:

Access online workbooks, interactive worksheets and videos designed to help you overcome low-mood and worry. Register at online.bouncebackonline.ca

BounceBack® Today Videos:

The BounceBack® Today videos provide practical tips for managing mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are available in English, French, Arabic, Farsi, Cantonese, Mandarin and Punjabi.

Visit bouncebackvideo.ca and use this access code to register: **bbtodaybc**

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Canadian Mental Health Association
British Columbia
Mental health for all