

Find help for your mental health journey



What is BounceBack®?

BounceBack® is a **free** mental health coaching program based in Cognitive Behavioral Therapy, and is designed to help people aged 13+ experiencing mild to moderate anxiety or depression. Using a series of self-selected workbooks* and supported by a trained coach, you will learn skills to manage low mood, worry, and stress, and improve your overall mental health.

BounceBack® Telephone Coaching

BounceBack® coaches are trained to support you as you work through the various BounceBack® workbooks. You can have 4-6 sessions with your coach over the phone, scheduled at your convenience. You can choose from 20 workbooks that are most relevant to you. BounceBack® coaching is available in English, French, Cantonese, Mandarin, and Punjabi. Your BounceBack® telephone coach will:

- provide support and encouragement
- help clarify the lessons in the workbooks
- help you apply what you're learning to your own life
- keep you motivated

* Workbooks are available in French, Farsi, Cantonese, Mandarin, Arabic, Spanish and Punjabi

How to Sign Up

To access BounceBack® telephone coaching, you need to be connected to a primary care provider, such as a doctor or nurse practitioner. You can register yourself online, or ask your primary care provider to submit a referral for you. For more information about how to access BounceBack®, visit the website or call or email to speak to the BounceBack® team.

W: bouncebackbc.ca

E: bounceback@cmha.bc.ca

P: 1-866-639-0522

“The coach was instrumental in guiding me through the program. After each session, the coach suggested a workbook for the next session. I learned that was the key to this program; one step at a time. Anxiety and depression stopped me from being able to focus on more than one task at a time. I am grateful to my coach for her guidance.”

Frequently Asked Questions

Does BounceBack® work?

BounceBack® is based on Cognitive Behaviour Therapy (CBT) which is scientifically proven to help people learn skills and strategies to overcome and cope with low mood, stress, and worry. Over 15,000 people have participated in the program, and have experienced improvement in their anxiety and depression symptoms, and reported better physical health and overall quality of life.

Is BounceBack® free?

Yes. The BounceBack® program materials and telephone coaching are free.

What can I expect after my referral is submitted?

A BounceBack® team member will contact you within 10 business days of receiving your referral to schedule your first call with your coach so you can learn more about the program.

What if I don't have a family doctor?

We accept referrals from a walk-in clinic or virtual health clinic, and nurse practitioners and psychiatrists can also refer you to the program. Practitioners can submit your referral by visiting bouncebackbc.ca.

Can I participate in BounceBack® without the telephone coaching?

If BounceBack® telephone coaching isn't right for you, there are two more free BounceBack® program options you can access without a referral.

BounceBack® Online:

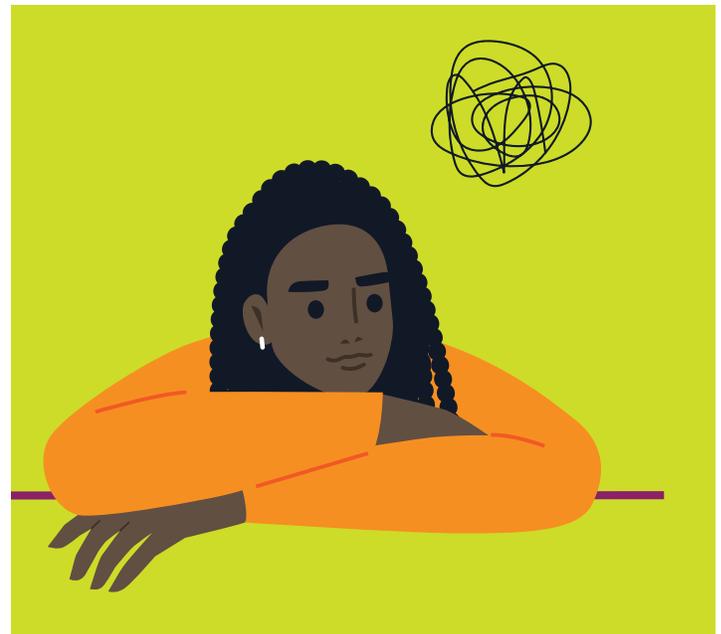
Access 20 modules that include workbooks, interactive worksheets and videos designed to help you learn skills to cope with and overcome low-mood and worry.

Register at online.bouncebackonline.ca

BounceBack® Today Videos

The BounceBack® Today videos provide you with practical tips for managing your 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**



About the Canadian Mental Health Association, BC Division

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

Together with our family of 14 CMHA branches in BC, CMHA BC has helped over 100,000 people across 100 BC communities each year.

1-866-639-0522 | bouncebackbc.ca | bounceback@cmha.bc.ca



**Canadian Mental
Health Association**
British Columbia
Mental health for all