



**BounceBack<sup>®</sup>**  
reclaim your health

# Welcome to BounceBack<sup>®</sup>!

**BounceBack<sup>®</sup>: Reclaim your health** is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.

To participate in BounceBack, we encourage you to talk to your primary care provider (family doctor or nurse practitioner). They can submit a **referral** on your behalf. This referral is important to make sure that the healthcare professionals who know you best can match your needs with the right support. Alternatively, you can self-refer, but be sure to include your primary care provider's contact information.

**Let's get started.**

**If you're interested in BounceBack, talk to your family doctor or nurse practitioner today!**

**For more information**  
**Visit: [bouncebackontario.ca](http://bouncebackontario.ca)**  
**Call toll-free: 1-866-345-0224**



**About the Canadian Mental Health Association (CMHA) 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.



**Feeling low?  
Stressed?  
Anxious?**  
**BounceBack<sup>®</sup> can help!**



Funded by the Government of Ontario

## BounceBack offers two forms of help:

### 1 Telephone coaching and workbooks

BounceBack is a guided self-help program in which a coach supports you in working through a series of workbooks aimed at improving your emotional well-being. Once a referral is submitted, you will be contacted by one of our coaches within five business days to schedule a telephone assessment.

- 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.
- Telephone coaching and workbooks are available in multiple languages.



- 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.

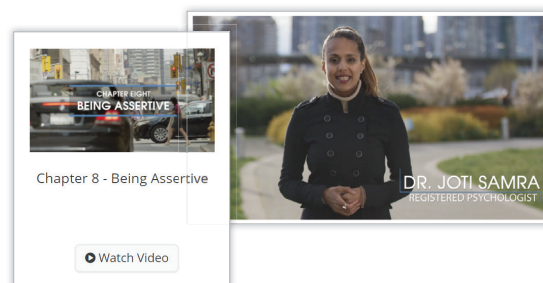


### 2 BounceBack Today online videos

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

You can watch the videos on our website at any time at: [bouncebackvideo.ca](http://bouncebackvideo.ca) using access code **bbtodayon**

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.