Who We Are

CMHA BC

The Canadian Mental Health Association (CMHA), BC Division exists to promote the mental health of British Columbians and support the resilience and recovery of people experiencing mental illness. With 14 CMHA branches in BC, we help over 100,000 people each year.

Together, we share a national vision of "mentally healthy people in a healthy society."

Contact us at BounceBack®

Phone: 1 866 639 0522
Email: bounceback@cmha.bc.ca
Web: bouncebackbc.ca

Canadian Mental Health Association
British Columbia
Mental health for all

#CelebrateEverydayVictories

Managing low mood, stress, depression, anxiety or worry can be difficult. Sometimes even getting through your typical day may seem like a struggle. So the small, everyday actions you take to get through the day are worth celebrating.

The #CelebrateEverydayVictories campaign is all about your small daily wins. It's not about being the best, rather it's about doing your best and listening to yourself. Our mental health experiences are different and so too are our daily victories. One person's small win may look different than someone else's.

Our BounceBack® coaches are committed to helping you identify and celebrate the small wins in your daily life.

What does your everyday victory look like today?

Use the hashtag #CelebrateEverydayVictories to join the conversation on social media!

BounceBack®
reclaim your health

You Got Out Of The House Today!

CELEBRATE EVERYDAY VICTORIES

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

Find out more at **bouncebackbc.ca**

funding provided by
Provincial Health Services Authority
Province-wide solutions. Better health.

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What is BounceBack?®

BounceBack® is a free skill-building program designed to help individuals (aged 15+) manage low mood, mild to moderate depression, anxiety, stress or worry. You will learn skills based on cognitive behaviour therapy (CBT) that will support you on your path to mental wellness.

BounceBack® is designed to put you in the driver's seat of your mental health. You create a program that is going to work for you. Select from workbooks, activities, videos or work one-on-one with a trained coach over the phone. The choice is yours.

Your well-being shouldn't have to wait. With the right tools and practice, you can bounce back and reclaim your mental health.

> *BounceBack® really helped me out in daily tasks and through tougher times. It taught me that you need to have a clear mind and make healthy choices for yourself.*
>
> ***– 18 YEAR OLD MALE PARTICIPANT***

Your Journey, Your Pace. Choose What's Best for You!

COACHING: Want someone to cheer you on? Work with one of our trained BounceBack® coaches, who will help you learn skills to improve your mental health in up to 6 phone sessions. You pick the topics you want to work on from our 9 booklets and your coach supports and encourages you along the way. Think of it as having a personal guide through the program.

ONLINE: Prefer to work on your own? No problem! Use our online program to learn at your own pace with the tools to get you where you want to go. You get access to the same 9 booklets, as well as interactive PDF worksheets and short videos. And you can request to work with a coach at any time.

VIDEO: Want to watch something first? We've got you covered. Get tips on managing your mood, sleeping better, building confidence, increasing activity, and problem solving through our video series. Pick and choose which topics would be most useful.

Getting Started

Register for BounceBack® on our website. All programs are free and do not require parent/guardian permission to participate. The online and video programs are set up so you can get started right away by creating an online account. The coaching program is delivered in partnership with a doctor or nurse practitioner. If you are already connected to a doctor or nurse practitioner, you can sign-up online yourself. If not, call or visit a doctor, nurse practitioner, or your secondary school counsellor so they can refer you to the program. Ask them to visit our website to complete the referral.

Looking for more information? Visit our website or contact our team via phone or email.

Join Thousands of People in BC Who Have Used BounceBack®

11,147

people have completed the BounceBack® coaching program

90%

of participants would recommend BounceBack® to family and friends

85%

of participants felt they could maintain the changes they made