

Get help for your mental health journey



Free mental health program for British Columbians age 13+

Learn skills to manage low mood,
stress, and worry with support
from a telephone coach.



Do you
have more
questions?

**“[BounceBack[®]] showed me
that I had a lot of resilience
and strength within me, and
being able to access those
things and be okay with doing
this on my own in a different
way that was healthier and
happier for me.”**



Canadian Mental
Health Association
British Columbia
Mental health for all



Provincial Health
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Province-wide solutions.
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