

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 the support of a telephone coach.



Find out more
and sign up
online.

“I encourage anyone who is struggling to try BounceBack[®]. The program really helped me become self-aware, helped me identify problematic behaviours and provided practical step-based solutions for challenges that I was facing.”



Canadian Mental
Health Association
British Columbia
Mental health for all



Provincial Health
Services Authority
Province-wide solutions.
Better health.

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