

Creating community-based self-help strategies to improve mental health for all

BounceBack® Promotional Materials Order Form

BounceBack® is a **free, guided, self-help program** for individuals 13 years and older experiencing anxiety and mild to moderate depression. **Supported by telephone coaching**, individuals learn skills based in **Cognitive Behaviour Therapy** to improve their mental health.

For more information visit www.bouncebackbc.ca or email us at bounceback@cmha.bc.ca.

Order BounceBack® promotional materials for your clinic or office by completing the order form and fax your request to your regional CMHA branch at the number below.

Regional BounceBack® fax numbers:

Fraser Health and Vancouver Coastal: 1-604-872-5934

Okanagan: 1-250-549-8446

Northern Health: 1-250-562-3569

Vancouver Island: 1-877-748-2606

Participant information

Name: _____

Street address: _____ City: _____

Postal code: _____ Email: _____

	Quantity	Materials / Services
<input type="checkbox"/>	_____	BounceBack® rack card
<input type="checkbox"/>	_____	BounceBack® brochure
<input type="checkbox"/>	_____	BounceBack® referral form for telephone coaching
<input type="checkbox"/>	_____	BounceBack® primary care provider brochure
<input type="checkbox"/>	_____	Workbook description list for adults
<input type="checkbox"/>	_____	Workbook description list for youth
<input type="checkbox"/>	_____	BounceBack® promotional poster (8.5 x 11 in.)
<input type="checkbox"/>	_____	Video link card (access code to <i>BounceBack® Today</i> videos)
<input type="checkbox"/>	_____	Request an in person or virtual BounceBack® information presentation