

Find help for your mental health journey



BounceBack® is a 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.

... **BounceBack®** |
: reclaim your health

BRITISH
COLUMBIA

What is BounceBack®?

BounceBack® is a **free** mental health coaching program based in Cognitive Behavioral Therapy, and is designed to help people aged 13+ experiencing mild to moderate anxiety or depression. Using a series of self-selected workbooks and supported by a trained coach, you will learn skills to manage low mood, worry, and stress, and improve your overall mental health.

How to Sign Up

To access BounceBack® telephone coaching, you need to be connected to a primary care provider, such as a doctor or nurse practitioner. You can register yourself online, or ask your primary care provider to submit a referral for you. For more information about how to access BounceBack®, visit the website or call or email to speak to the BounceBack® team.

Other BounceBack® Resources

BounceBack® Online:

Access online workbooks, interactive worksheets and videos designed to help you learn skills to cope with and overcome low-mood and worry.

Register at **online.bouncebackonline.ca**

BounceBack® Today Videos

The BounceBack® Today videos provide you with practical tips for managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. Videos are available in English, French, Arabic, Farsi, Cantonese, Mandarin and Punjabi.

Visit **bouncebackvideo.ca** and use this access code to register: **bbtodaybc**



**Find out more and
sign up online.**

1-866-639-0522 | bouncebackbc.ca
bounceback@cmha.bc.ca



Canadian Mental
Health Association
British Columbia
Mental health for all



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