

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[®]] has helped
me realize that I deserve all
the help I received so I can go
on with plans to go back to
doing volunteer work, making
new friends, relaxing and
having fun in my life.”**

– BounceBack[®] participant



Canadian Mental
Health Association
British Columbia
Mental health for all



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

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