



BounceBack[®]

reclaim your health

Overcoming depression, low mood, worry,
stress & anxiety



What is Bounce Back?

An evidence based, supported self-help program for individuals experiencing low mood, stress, or anxiety.

Who Bounce Back Helps




Individuals **15** years or older with depression, low mood, or anxiety

FREE to all participants with a referral

BounceBack® Participation


3 Program Options:

1. *BounceBack® Today* video
2. Self-guided online program
3. Telephone Coaching




STARTING OUT ... AND HOW TO KEEP GOING IF YOU FEEL STUCK

DR. CHRIS WILLIAMS



Canadian Mental Health Association
Mental health for all



Association canadienne pour la santé mentale
La santé mentale pour tous

Option 1: *BounceBack*[®] Today Video

- A gentle introduction to CBT, with practical tips
- Engaging narratives by real people with lived experience
- Available for free online or as a DVD

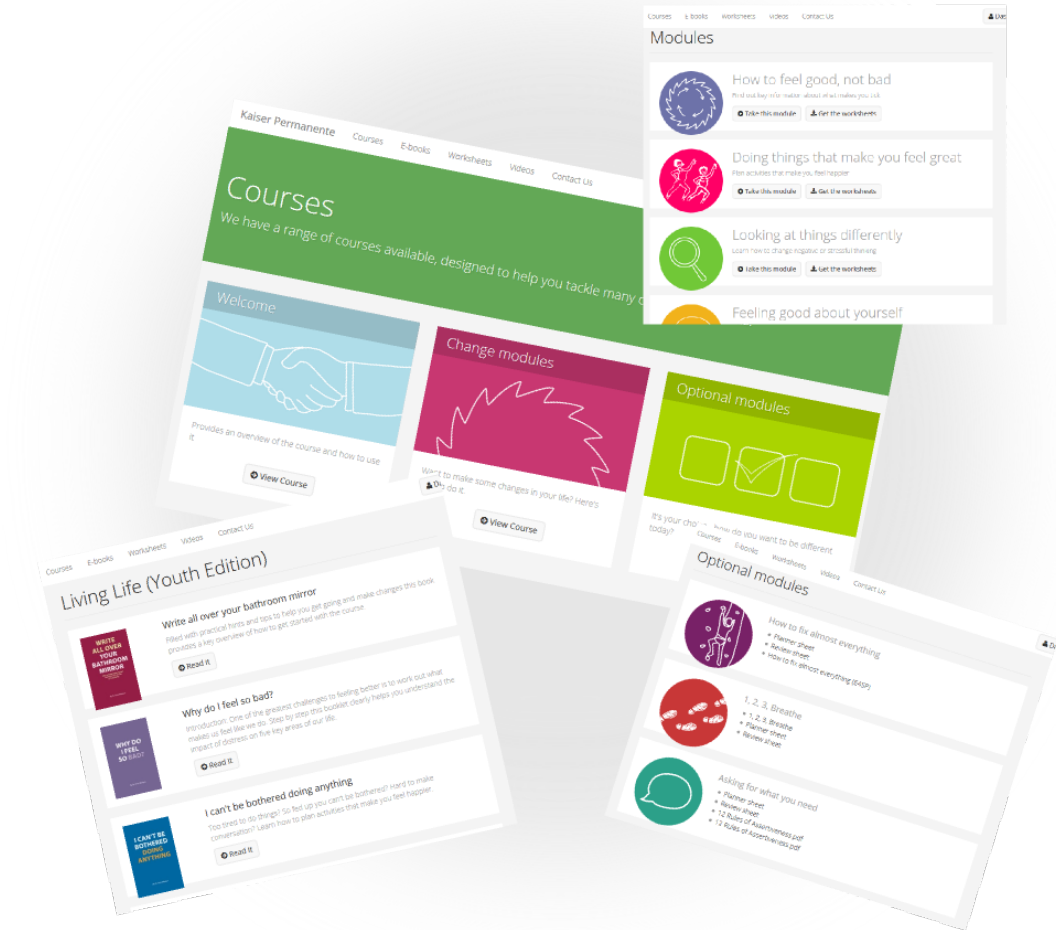
English, French, Punjabi, Cantonese, Mandarin, Farsi & Arabic

bouncebackvideo.ca → passcode: bbtodaybc



Option 2: BounceBack® Online

- Sign up for free at:
www.bouncebackonline.ca
- **No physician referral required**
- Available to anyone in BC
- Access to workbooks, video, & modules
- Ideal for independent learning



Option 3: Telephone Coaching



- **Physician or NP referral required or self-referral online with PCP info**
- 4-6 telephone sessions with a BounceBack® coach
 - *Coaches offer guidance, motivation and reinforce workbook skills*
 - *English, French, Mandarin, Cantonese & Punjabi*
- Choice of 20 different workbooks
 - *Self-dosed and self-paced*
- **No waitlist!**

Coaching & Workbook Topics

CORE DEPRESSION WORKBOOKS

- Starting out ... and how to keep going if you feel stuck
- Understanding low mood and depression
- Doing things that boost how you feel
- Noticing extreme and unhelpful thinking
- Changing extreme and unhelpful thinking
- Practical problem solving

CORE ANXIETY WORKBOOKS

- Starting out ... and how to keep going if you feel stuck
- Understanding panic and phobias and/or
- Understanding worry and stress and/or
- Understanding how we respond to illness
- Facing fears and overcoming avoidance
- Noticing extreme and unhelpful thinking
- Changing extreme and unhelpful thinking
- Practical problem solving

Accessibility Alternatives

- Brief 'Little Booklet' format with less text
- Chinese BB offers the video in Mandarin or Cantonese as well as Cantonese Coaching



Little Books for Youth

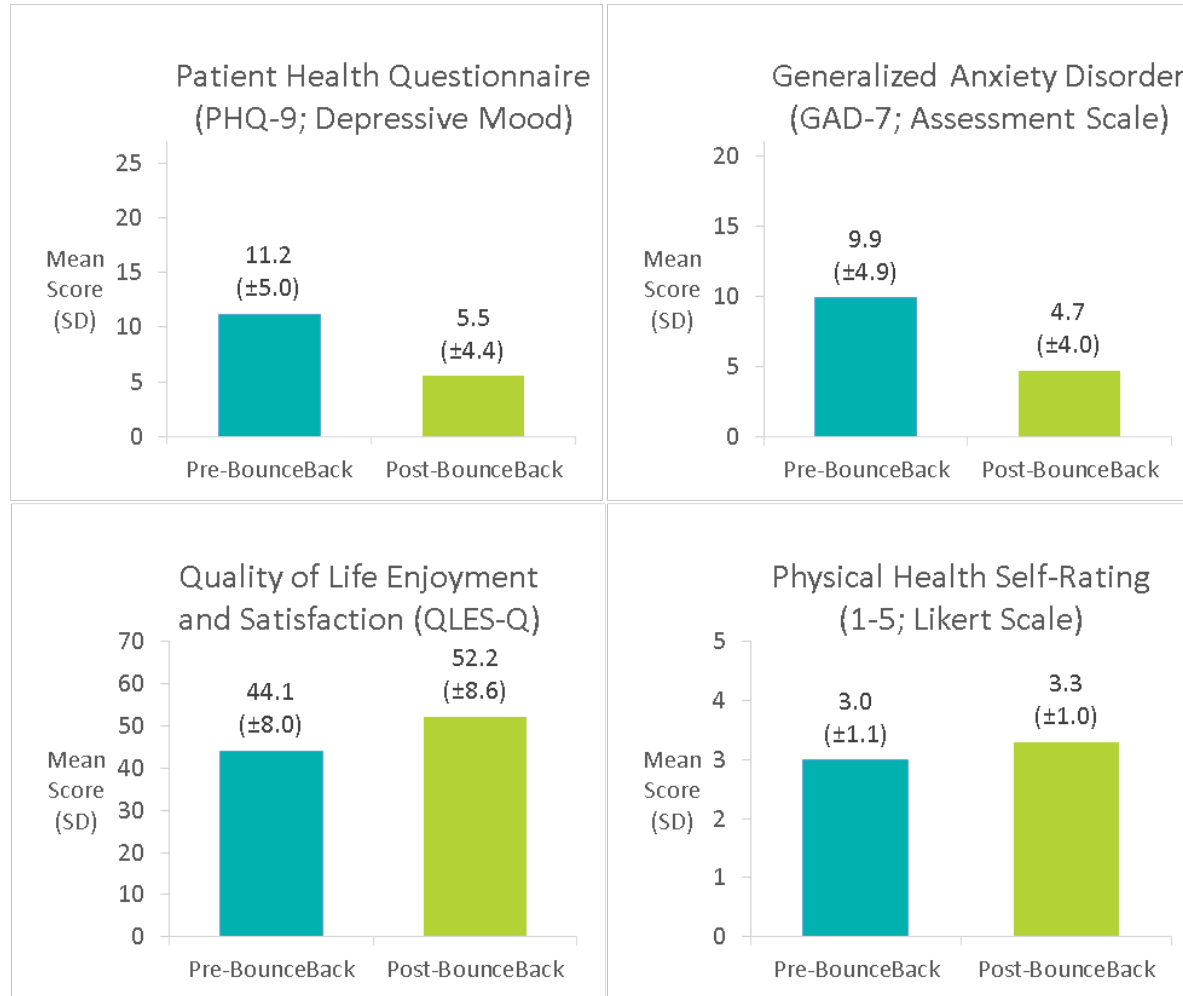
Adapted content for youth

Extensive consultation and validation

Same key skills with relevant examples and application



Significant Improvements





“We can't always change and have control over what happens to us, but **we can change how we think and react.**

This is what Bounce Back taught me.”

-Participant Testimonial

Contact Information

- To learn more about Bounce Back:
 - Visit our Website: www.bouncebackbc.ca
 - Call your local Bounce Back team at our toll-free phone#: [1-866-639-0522](tel:1-866-639-0522) (in BC)