



## Welcome to BounceBack®

**BounceBack** is a **free** program designed to help adults and youth 14 years and older manage mood swings, depression, anxiety and worry. With workbooks and a trained coach to guide you over the phone, **BounceBack** helps you learn the skills you need to improve your mental health.

**With the right tools and practice, you can bounce back and reclaim your health.**

**Your well-being is worth it.**

**If you're interested in BounceBack®, talk to a health and social services professional today!**

**For more information or to register:**

**[bouncebackqc.ca](http://bouncebackqc.ca)  
1-844-657-2106**

About the Canadian Mental Health Association (CMHA) - Quebec Division

CMHA promotes mental health for all and supports the recovery of people living with mental illness. As part of a pan-Canadian network, CMHA Quebec is a strong voice for the cause of mental health and aims for meaningful social change at the population level.

 **BounceBack®**  
reclaim your health



## Feeling depressed? Stressed? Anxious?

**BounceBack® can help!**



In partnership with:



## BounceBack® offers two types of support:

### 1 Workbooks and telephone coaching

It's common to feel sad, stressed, worried, depressed, irritable, angry, or not feeling anything at all. You have the power to make beneficial changes, and we are here to help. BounceBack is your personal toolbox to feeling better.

Together with your coach, you choose which of the 20 themes in the workbooks best suit your current needs. Here are some of the popular workbooks:

- Being assertive
- Changing extreme and unhelpful thinking
- Overcoming sleep problems
- Understanding worry and stress
- Doing things that boost how you feel
- Practical problem solving

Your coach is there to help you develop new skills, keep you motivated, get you back into action and track your progress.

The program consists of up to six telephone coaching sessions over a period of three to six months, which you can attend in the comfort of your own home.



1-844-657-2106

### 2 Online videos

BounceBack videos offer practical tips on how to manage mood, sleep better, build confidence, increase activity levels, solve problems and live a healthy lifestyle.

You can view the videos on our website at [bouncebackvideo.ca](http://bouncebackvideo.ca) using the access code **bbtodayqc**.

Videos are available in: English, French, Mandarin, Cantonese, Punjabi, Arabic and Persian.



*I am definitely more optimistic and looking forward to the future in a positive way. I especially liked the way [my coach] and I set goals, and she was able to answer all my questions. There was no pressure and I completed the workbooks at my own pace.*

- BounceBack participant

*My most important lessons learned from this program are how to solve problems more effectively and how to change my attitude. In addition, this program also reminded me that what I am feeling is normal.*

- BounceBack participant

[bouncebackqc.ca](http://bouncebackqc.ca)

## Frequently asked questions

Is this a therapy program?

**No.** BounceBack is not the equivalent of psychotherapy. It is self-care; in the form of psychological education that allows you to develop skills to better manage your life's difficulties.

Is BounceBack effective?

**Yes.** The BounceBack approach offers exercises using cognitive-behavioural techniques. These simple skills and techniques have been shown to be effective in helping people overcome mild to moderate symptoms of depression and anxiety.

Can I benefit from BounceBack if I am not diagnosed with a mental disorder?

**Yes.** No diagnosis is required to participate in BounceBack. In order to monitor your progress, the coach will ask you to fill out health and wellness questionnaires along the way. The coach will never make a diagnosis. It is best to discuss this topic with your health care professional.

What are the benefits of BounceBack?

As a result of their participation in BounceBack, the majority of participants report less worry, fewer symptoms of depression and anxiety, improved self-confidence and life satisfaction and better overall health.