

A skill-building program designed to help adults and youth (15+) manage symptoms of depression and anxiety. This program is free to people living in Ontario who have a valid health card number.

Access to the program is by referral through a family doctor, nurse practitioner, or client self-referral. Once a referral is submitted, clients who are accepted into the program are contacted by a BounceBack coach within five business days to schedule a telephone appointment.

How it works:

1. Telephone coaching using skill-building workbooks

BounceBack is an evidence-based, guided self-help program grounded in cognitive behavioural therapy (CBT). During three to six telephone sessions, trained coaches motivate and support clients as they work through a series of workbooks that are personalized to their current needs.

2. BounceBack Today online videos

In addition, clients can access a series of BounceBack Today online videos on our website at any time at: bouncebackvideo.ca using access code: bbtodayon. No referral is needed. The videos are available in multiple languages, and offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living.

How to refer clients:

- Eligibility criteria:
 - 15 years or older
 - Has mild to moderate depression (PHQ-9 range of 0-21) with or without anxiety
 - Not at risk to harm themselves or others
 - Not significantly misusing alcohol or drugs
 - Does not have a personality disorder
 - Has not had manic episodes or psychosis within the past six months
 - Has sufficient concentration and motivation to engage in the program
- Download the referral form: <http://bouncebackontario.ca/wp-content/uploads/2018/03/Bounceback-Primary-Care-Referral-Form-digital-EN-fillable-web.pdf>
- Submit the completed form to the BounceBack team via Fax (905-430-1768), email (bb-referral@cmha-yr-on.ca), or through EMR.

Website: <https://bouncebackontario.ca/>