

Canadian Mental Health Association provides BounceBack Ontario to adults across the province as part of the free and convenient Ontario Structured Psychotherapy (OSP) program.

About BounceBack Ontario

BounceBack is a free and confidential, coach-guided self-help program to help teenagers (15-17) and adults (18+) experiencing depression and low mood, anxiety and stress improve their mental health.

BounceBack isn't like traditional therapy. With support from a mental health coach and workbooks, you will gain Cognitive Behavioural Therapy (CBT) tools to better understand and manage your thoughts, emotions and behaviours. Our workbooks address anxiety, low mood, stress and more. Together with your coach, you pick the workbooks you want to work on.

So, what can I expect?

After you sign up, you will receive a set of workbooks in the mail. At your own pace, read through the workbooks and answer the questions reflecting on your own experience.

Then you connect with your coach over the phone to for a 25 minute session every two weeks (weekday, evening, and weekend appointments available). You and your coach will discuss your main learnings and takeaways, address any questions or concerns you have, and plan which workbooks you want next.

Who are coaches?

Coaches are trained mental health workers who know how to expertly:

- Guide you through the BounceBack workbooks and support you to reflect on the strategies and apply them to your own life
- Listen and respond to sensitive information, including asking about any thoughts to hurt yourself and how to keep you safe
- Trouble shoot your “stuck points” or if you’re struggling to make time to read the books or do the exercises
- PLUS: They are trained by, and consult with, a team of clinical psychologists

What workbooks are available?

The program offers 20 big workbooks and nine small workbooks (a bit less reading) in six different languages.

For example, if you come in with **anxiety and difficulties with getting along with your loved ones**, your coach might suggest:



...and then you would touch base and see what you and your coach want to do next!

And if you are looking for **help boosting your mood, sleep, and asserting yourself**, you might work on:



...and then you and your coach might discuss what you want to do next!



What happens next?

You will hear from the Canadian Mental Health Association's BounceBack team via email or a private phone number.

You will receive your first workbook (based on your preference) immediately by email or within three weeks in the mail. Then, you can begin reading the material and completing the activities at your own pace.

For more information about BounceBack, visit www.bouncebackontario.ca

i The Ontario Structured Psychotherapy (OSP) program is a stepped-care program, which means that clients are directed to the service that best meets their needs. If at any time, you and/or your coach feel that this service is not a good fit for your needs, you can be transferred to a more appropriate service within OSP, or depending on your needs OSP staff may suggest a different type of service outside of OSP.