

## Frequently Asked Questions

### Does Bounce Back® work?

Bounce Back® is based on research evidence which shows that simple skills and techniques are effective in helping people to overcome low mood and worry. The Bounce Back® approach is based on cognitive behavioural therapy (CBT). CBT is recognized as one of the most effective ways of helping build well-being and resiliency. CBT has also been shown to be just as effective as medication for treating depression and anxiety disorders.<sup>1</sup>

### If I'm referred, does it mean my doctor thinks I have a mental illness?

Not necessarily. Often low mood and worry problems don't qualify for a formal mental health diagnosis, but they deserve attention in their own right. Bounce Back® is specifically designed for people with mild to moderate mental health challenges that get in the way of life satisfaction.

### What if I suspect my mental health symptoms are more serious?

Make sure that you bring this to the attention of your family doctor or nurse practitioner. They will be able to conduct a thorough assessment of your mental health needs and determine the best course of action for you.

### Am I eligible for Bounce Back® if I'm taking an anti-depressant medication?

The use of mental health medications won't prevent you from participating in Bounce Back®. You and your primary health care provider must decide together whether Bounce Back® would be a useful addition to or replacement for other treatments or services you're receiving.

### Is Bounce Back® free for me?

Yes, all Bounce Back® program materials and services are free.

1. Hunsley, J., Elliot, K., & Therrien, Z. (2013). The Efficacy and Effectiveness of Psychological Treatments. Canadian Psychological Association. Ottawa, ON. Retrieved from [http://www.cpa.ca/docs/File/Practice/TheEfficacyAndEffectivenessOfPsychologicalTreatments\\_web.pdf](http://www.cpa.ca/docs/File/Practice/TheEfficacyAndEffectivenessOfPsychologicalTreatments_web.pdf)

## About the Canadian Mental Health Association, BC Division

The Canadian Mental Health Association (CMHA), BC Division exists to promote the mental health of British Columbians and support the resilience and recovery of people experiencing mental illness.

We're part of one of the oldest voluntary organizations in Canada. Together with 14 CMHA branches throughout BC, we help over 100,000 people each year.

*Together, CMHA shares a national vision of "mentally healthy people in a healthy society."*

To learn more about CMHA BC, visit [www.cmha.bc.ca](http://www.cmha.bc.ca)

## Contact Bounce Back®

Toll-free: 1-866-639-0522

[www.bouncebackbc.ca](http://www.bouncebackbc.ca)



Canadian Mental Health Association  
British Columbia  
*Mental health for all*

2017

**BounceBack®**  
reclaim your health

Feeling low? Stressed? Anxious?  
Bounce Back® can help!



[www.bouncebackbc.ca](http://www.bouncebackbc.ca)



Canadian Mental Health Association  
British Columbia  
*Mental health for all*



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

## What is Bounce Back®?

Bounce Back®: Reclaim Your Health is a free skill-building program designed to help individuals (aged 15+) experiencing mild to moderate depression or anxiety.

### Bounce Back® offers three forms of help

- Bounce Back® Coaching
- The Bounce Back® Today video
- Bounce Back Online®

## Bounce Back® Coaching

Bounce Back Coaching is a guided self-help program in which a community “coach” provides assistance in working through a variety of skill-based workbooks aimed at improving your emotional well-being.

This program usually involves four to six sessions which you can do from the comfort of your home by telephone or video conference. Coaches are specifically trained in the delivery of the Bounce Back® program, which is known to be effective in relieving anxiety and mild to moderate depression. Your coach will guide you through the program materials, step by step. Their role is to help you develop new skills, keep you motivated, and to check in on how you're doing.



## How to access Bounce Back® coaching

To access the coaching program, you will need a referral from your primary health care provider. Primary health care providers include family doctors, psychiatrists, nurse practitioners, and others working in family practice settings. This referral is important to make sure that the health care professionals who know you best can match your needs with the right approach.

If your doctor refers you for coaching, you will be contacted within 5 days to set up your first appointment with a coach.

## The Bounce Back® Today video

The Bounce Back® Today video offers practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. The video is available online or in DVD format.



### How to watch the video online

Visit [www.bouncebackvideo.ca](http://www.bouncebackvideo.ca) and use the access code `bbtodaybc`

### How to get the DVD

- Ask your family doctor
- Call us toll-free at 1-866-639-0522 or
- Email us at [bounceback@cmha.bc.ca](mailto:bounceback@cmha.bc.ca)



## Bounce Back® Online

Bounce Back® Online is a self-help program for those who want assistance with everyday problems such as feeling depressed, stressed or anxious. The program is comprised of learning modules for you to work through on your own, at your own pace. Consider Bounce Back® Online if you like self-directed, independent learning.

### Bounce Back® Online includes:

- Modules addressing stress and low mood and the most common impacts these have on your life
- E-books, worksheets and videos

### How to access Bounce Back® Online

To access Bounce Back® Online, visit [www.bouncebackonline.ca](http://www.bouncebackonline.ca) and select 'Register Now' to get started.