

How can I get access to the Bounce Back® program?

Your primary health care provider will suggest Bounce Back® to you if he or she feels you would benefit from the program. Primary health care providers include family doctors, nurse practitioners, and others working in family practice settings. Family practice offices will have copies of the DVD to give to patients during a regular visit. However, to access the self-selected workbooks with telephone coaching, you will need a referral from your primary health care provider. This referral is important to make sure that the health care professionals who know you best can match your needs with the right approach.



Is Bounce Back® available in every community in BC?

Bounce Back® is being offered throughout the entire province. The Living Life to the Full DVD can be obtained by anyone through their family doctor or by calling our toll-free number, 1-866-639-0522. However, a doctor's referral is always required for the telephone coaching component.

Is Bounce Back® free for me?

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

If you're interested in Bounce Back®, please talk to your family doctor.

BounceBack®
reclaim your health

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



www.bouncebackbc.ca



Canadian Mental
Health Association
British Columbia
Mental health for all



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Health Association
British Columbia
Mental health for all



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

I've heard about Bounce Back®. What exactly is it?

Bounce Back: Reclaim Your Health® is a skill-building program designed to help adults experiencing mild to moderate symptoms of depression (with or without anxiety).

Bounce Back® offers two forms of help. The first is a DVD, called Living Life to the Full, which provides practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living. The second is a guided self-help program in which a community “coach” provides telephone assistance with a variety of self-selected workbooks in a structured way to improve your emotional well-being. This part of the program usually involves three to five telephone sessions with a Bounce Back® coach, which you can do from the comfort of your home.

For more information or to watch a preview of the DVD go to www.bouncebackbc.ca.



What is a Bounce Back® community coach?

The role of the coach is to help you develop new skills, to keep you motivated, to answer your questions, and to monitor how you're doing. Your coaches also give you materials at the right stages to help you complete the Bounce Back® self-help program step by step. Because Bounce Back® coaches are not mental health specialists, they don't provide counselling. Coaches are trained in the delivery of a specific program known to be effective in relieving mild to moderate depression (with or without anxiety) and they are overseen by psychologists. If your doctor refers you to Bounce Back®, your coach will contact you by telephone within a few days and regularly over the next several weeks as you work through the program.

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. On the basis of our current success rates in BC, we are confident the program can give you the tools to help you help yourself feel better.

Why is Bounce Back® offered by the Canadian Mental Health Association?

The Canadian Mental Health Association's BC Division received a grant from the BC Ministry of Health to design and deliver the Bounce Back® program. The mandate of the Canadian Mental Health Association is to promote good mental health for everyone.



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

No. 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 milder mental health troubles 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. He or she 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.