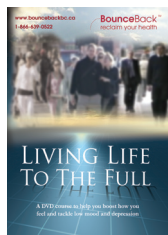


## Creating community-based self-help strategies to improve mental health for all

### Bounce Back™: to help adults bounce back from low mood, stress, and anxiety



Bounce Back™ DVD

We are so glad you are choosing the *Bounce Back: Reclaim your health™* program as a skill-building intervention for your patients who are experiencing low mood, stress, or worry. Since Bounce Back™ was launched by CMHA BC in 2008, our free, two-part cognitive-behavioural self-help program has proven effective and popular with adult patients, as well as with family physicians:



Participant Brochure

**Part 1.** The Bounce Back *Living Life to the Full* DVD is a first-line intervention that can be given out during routine office visits to help any patient prone to depressive thinking or behavior. Upon request, we are pleased to provide your office with a steady supply of DVDs.

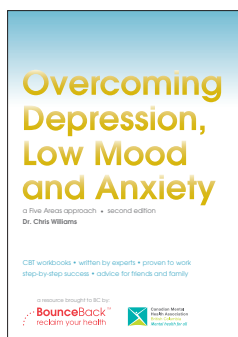
**Part 2.** Telephone coaching and *Overcoming Depression, Low Mood, and Anxiety* workbooks requires a physician referral and is only for patients with mild to moderate depression who have sufficient concentration and motivation to engage in the program.

#### For optimally effective referrals, please:

- Confirm that depressive symptoms are in the mild to moderate range (e.g., PHQ-9 = 5–21) and that no contraindications to a low-intensity cognitive-behavioural intervention apply
- Advise patients that Bounce Back™ is a self-help program with workbooks mailed by trained coaches who do educational-motivational sessions by telephone
- Give each referred patient a DVD and brochure. Also ensure that patients know they are being referred and that a coach will call them in the next week or so
- Provide clear, complete information on the referral form so we can easily make contact with you and your patients to guarantee fast, efficient service delivery

Referral Form

More information and materials are always available from your local Bounce Back™ coach.



Workbooks  
(mailed by coaches)

Contact us toll-free 1-844-733-8181  
www.bouncebackmb.ca