

Get help with your mental health journey.



BounceBack[®] is a free, evidence-based Cognitive Behavioral Therapy (CBT) coaching program designed to help individuals manage low mood, mild to moderate depression and anxiety, stress or worry.

A trained BounceBack[®] coach will help participants learn skills to improve their mental health and support them as they work through a series of CBT workbooks, selected according to their needs.

BounceBack[®] has been shown to reduce the severity of depression and anxiety symptoms by 50% at program completion. Participants have access to up to 6 telephone coaching sessions over 3-6 months.

Coaching and workbooks are available in English and French.

Register online at bounceback.cmha.ca
Suitable for ages 15+

