

# Feeling low? Stressed? Anxious?

## BounceBack<sup>®</sup> can help!

A FREE self-help program designed to help adults and youth 15+ tackle depression and anxiety.



Telephone coaching with skill-building workbooks



Available in multiple languages



Online videos with practical tips

 **BounceBack<sup>®</sup>**  
reclaim your health

[bouncebackontario.ca](https://bouncebackontario.ca) | 1-866-345-0224

**ASK YOUR  
FAMILY DOCTOR  
OR NURSE  
PRACTITIONER  
FOR A REFERRAL  
OR SELF-REFER  
TODAY!**