

A free program to help  
you tackle depression  
and anxiety.



## How BounceBack can help:

### 1 Online videos provide practical tips

Start watching the videos today!

Visit [bouncebackvideo.ca](http://bouncebackvideo.ca) and  
enter access code: **bbtodayon**

### 2 Telephone coaching and youth booklets you can do from home

Go to [bouncebackontario.ca](http://bouncebackontario.ca) for details.

Fill out a referral form to participate.

Call **1-866-345-0224** if you have any questions.

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Canadian Mental  
Health Association  
Ontario