

<p>1</p> <p>STARTING OUT ... AND HOW TO KEEP GOING IF YOU FEEL STUCK</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>D A</p>	<p>2</p> <p>UNDERSTANDING LOW MOOD AND DEPRESSION</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>D</p>	<p>3</p> <p>DOING THINGS THAT BOOST HOW YOU FEEL</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>D</p>	<p>4</p> <p>NOTICING EXTREME AND UNHELPFUL THINKING</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>D A</p>	<p>5</p> <p>CHANGING EXTREME AND UNHELPFUL THINKING</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>D A</p>
<p>6</p> <p>PRACTICAL PROBLEM SOLVING</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>D A</p>	<p>7</p> <p>UNDERSTANDING PANIC AND PHOBIAS</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>A</p>	<p>8</p> <p>UNDERSTANDING WORRY AND STRESS</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>A</p>	<p>9</p> <p>UNDERSTANDING HOW WE RESPOND TO ILLNESS</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>A</p>	<p>10</p> <p>FACING FEARS AND OVERCOMING AVOIDANCE</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>A</p>
<p>11</p> <p>OVERCOMING SLEEP PROBLEMS</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>	<p>12</p> <p>BEING ASSERTIVE</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>	<p>13</p> <p>BUILDING RELATIONSHIPS WITH YOUR FAMILY AND FRIENDS</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>	<p>14</p> <p>USING EXERCISE TO BOOST HOW YOU FEEL</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>	<p>15</p> <p>HELPFUL THINGS YOU CAN DO</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>
<p>16</p> <p>UNHELPFUL THINGS YOU DO</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>	<p>17</p> <p>ALCOHOL, DRUGS AND YOU</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>	<p>18</p> <p>UNDERSTANDING AND USING ANTI-DEPRESSANT MEDICATION</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>	<p>19</p> <p>PLANNING FOR THE FUTURE</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>	<p>20</p> <p>INFORMATION FOR FAMILIES AND FRIENDS—HOW CAN YOU OFFER THE BEST SUPPORT?</p> <p>DR. CHRIS WILLIAMS</p> <p>Canadian Mental Health Association / Association canadienne pour la santé mentale / Le centre mental pour vous</p> <p>O</p>

D Core depression workbooks **A** Core anxiety workbooks **O** Optional workbooks

Workbooks are available in multiple languages.

You've made the decision to refer your clients to the BounceBack telephone coaching program. That's great! They are going to benefit from the program by learning new skills to help them better manage their symptoms of mild to moderate depression and anxiety.

To help you and your clients better understand how the program works and how the program can help them make practical changes in their lives, take a look at the course topics included in this booklet. Discuss them with your clients and use this booklet as a guide to help them identify (check off) any problem areas they are interested in working on with the support of a BounceBack coach. While BounceBack coaches are working with your clients on their individual workbooks, you continue to remain clinically responsible for their care.

Good luck!



During the three to six months that it typically takes for participants to complete the BounceBack program, they will usually work through three to four workbooks. They will generally start by working through the following workbooks:

All participants will receive the introductory workbook:



Starting out...and how to keep going if you feel stuck

Learn:

- How to make a clear plan of how and when to use this and other workbooks.
- How to anticipate and overcome any difficulties that could get in the way of completing the workbooks.



Participants interested in tackling depression, will receive the introductory workbook:



Understanding low mood and depression

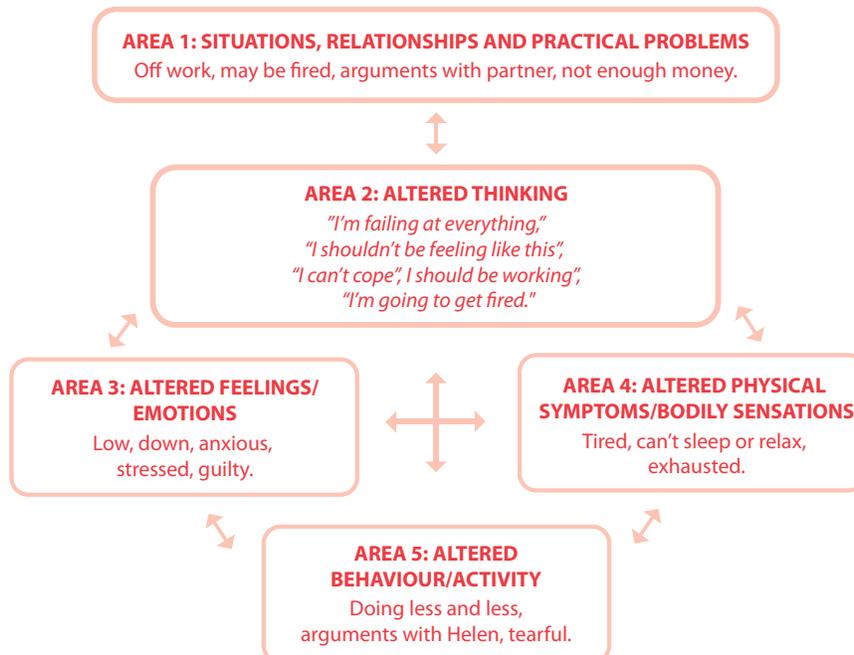
Learn:

- How low mood affects five key areas of your life.
- How making a change in one area can lead to a change in another to help lift your low mood and help you deal with feeling low or stressed.



EXAMPLE

Paul is feeling depressed and struggling with work. The figure below shows how Paul's problems can be summarized using the Five Areas™ Approach.



Participants interested in tackling anxiety, can choose from three introductory workbooks, depending on their self-reported issue:



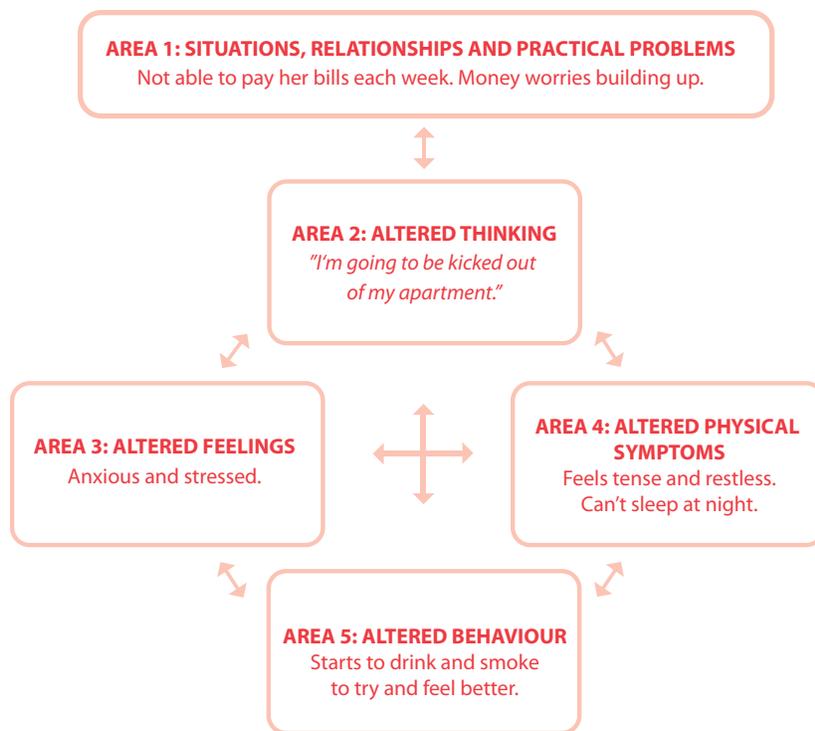
Understanding worry and stress

Learn:

- How worry or stress affects five key areas of your life.
- Which area you need to work on to overcome your anxiety problems.



EXAMPLE
 Helen is struggling with worry about debt. The figure below shows how Helen's problems can be summarized using the Five Areas™ Approach.



Understanding panic and phobias

Learn:

- How to identify the early warning signs and unhelpful thinking that can lead to panic attacks or phobias so that you can do something about them before things get worse.



Understanding how we respond to illness

Learn:

- How you respond to illness and the unhelpful thinking and behaviours you use that make you feel even worse.
- Helpful things you can do to change.



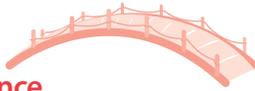
Once participants complete the initial workbooks, they can choose from 14 other workbooks. Here are the topics available that they and their coach can select from based on the participants' current needs and changes they are interested in making.



If interested in making changes to behaviours and activity levels, consider workbooks on:



Facing fears and overcoming avoidance



Learn:

- Why you feel like avoiding things that seem scary, and understand how avoidance can actually make you feel worse.
- Steps you can take to tackle your fears and overcome avoidance.



Helpful things you can do



Learn:

- Which activities you can do that give you a boost, and ideas on how to make sure you do these things, even when you are busy or under stress.



Unhelpful things you do



Learn:

- How some unhelpful behaviours can make you feel better in the short term, but in the long run, can backfire and make you and others feel worse.
- How to identify and change these unhelpful behaviours.



Doing things that boost how you feel



Learn:

- How low mood and stress can cause you to do less, and how by increasing activity levels you can boost how you feel.
- How to carry out a step-by-step plan that's realistic in helping you incorporate regular activities back into your life.



Using exercise to boost how you feel



Learn:

- How exercise can improve your mood, and help you feel fitter, more active, and better about yourself.
- How to plan more exercise into your life.



If interested in making changes to negative and upsetting thinking, consider workbooks on:



Noticing extreme and unhelpful thinking



Learn:

- How unhelpful thinking can affect how you feel and what you do.
- Which unhelpful styles of thinking you might fall into and how to respond differently.

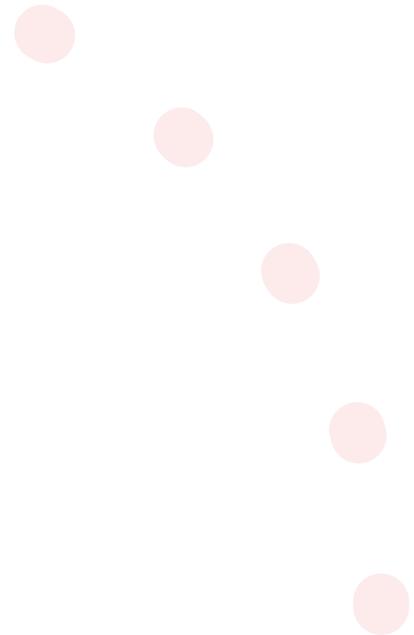


Changing extreme and unhelpful thinking



Learn:

- About your own thought process and the different approaches you can use to deal with extreme and unhelpful thinking before it becomes too upsetting.





If interested in making changes to do with situations, people and events around you, consider workbooks on:



Practical problem solving

Learn:

- A seven-step plan on how to approach a problem so that it becomes easier to solve. We all face difficulties in life; what's different is how we deal with them.



Being assertive

Learn:

- The differences between passive and aggressive behaviours and some simple techniques you can use to be more assertive in your own life.



Building relationships with your family and friends

Learn:

- About your own styles of communicating or relating to others, and how to build (or rebuild) relationships with the people close to you.



Information for families and friends – how can you offer the best support?

Learn:

- What the BounceBack program is all about and how the person being supported is using it.
- Helpful things you can do to offer the best support possible.





If interested in making changes to things that affect your bodily well-being, consider workbooks on:



Overcoming sleep problems

Learn:

- To identify what things are preventing you from getting a good night's sleep, and some changes you can make to help overcome sleep problems.



Alcohol, drugs and you

Learn:

- About the effects that alcohol and drugs can have on you and the people around you, and how to plan some next steps to bring about change if you have a problem.



Understanding and using anti-depressant medication

Learn:

- More about the use of anti-depressants for depression, as well as some useful tips to get the most out of your medication.





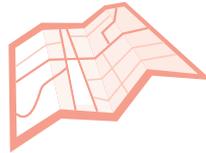
Once participants have gone through all of the workbooks they are interested in completing, they will receive a final workbook for their last coaching call. This will help them maintain and build on the progress they have already made.



Planning for the future

Learn:

- How to manage how you feel moving forward by: identifying what's previously helped; making a plan to stay well; tracking your progress; and identifying early warning signs that may indicate that you are slipping back to old habits.



Booster sessions

For participants who are looking for further support or to reinforce the new skills they have just learned, one or two booster sessions are available with their coach within six months of completing the BounceBack program.



**Canadian Mental
Health Association**
Ontario

About the Canadian Mental Health Association (CMHA) Ontario

Incorporated in 1952, CMHA Ontario provides community-based programs and services across the province to meet the needs of individuals seeking support with their mental health and addictions. Our 30 local CMHA branches are part of a community-based mental health sector which services approximately 500,000 Ontarians annually.

For more information about CMHA Ontario, visit www.ontario.cmha.ca

About the author

Dr. Chris Williams is a medical doctor and psychiatrist who also has a First Class Honours degree in Psychology. He is a widely recognized teacher and researcher in the area of cognitive behavioural therapy self-help and is Emeritus Professor of Psychosocial Psychiatry at the University of Glasgow, Scotland, UK. He is also Director of Five Areas Ltd (www.fiveareas.com).

BounceBack materials are adapted with permission from Dr. Chris Williams and used under licence.