BounceBack®
reclaim your health

Canadian Mental Health Association
Ontario

BounceBack for Youth 15-18

Are you feeling sad, stressed, worried, anxious?

Learn how BounceBack can help!

Is BounceBack for me?

If you're a young person 15-18 years old, a parent or guardian, or school guidance counsellor wanting to support an individual's overall well-being, BounceBack can help.

What is BounceBack?

BounceBack is a free skill-building program that you can easily access by telephone. You'll be able to connect one-on-one with an individual coach, who's trained in youth mental health. Like a personal trainer or a coach, they'll support and encourage you as you work through a series of booklets designed specifically for youth, to help improve your mental health.

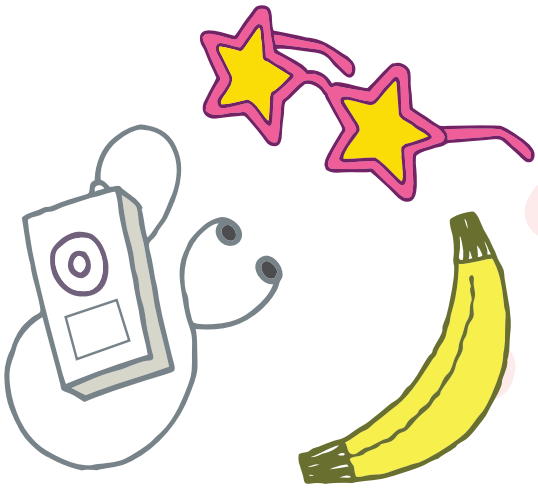
You'll learn the ABCs of CBT.

CBT stands for cognitive behavioural therapy. CBT helps you recognize your negative thoughts and behaviours and shows you how to make positive changes so that you can better handle life's stresses.

Don't just take our word for it.

Here's what a youth like you had to say:

"In the beginning of the school year, I was feeling overcome by anxiety and stress from a new grade and a new environment. BounceBack and the wonderful coach checked in with me on a bi-weekly basis, and with the cute and easy-to-read workbooks, I saw myself improving more and more. My self-confidence saw a boost when I began to think more and more positively. Thank you BounceBack."



Get started today:

1. Learn more or check out our frequently asked questions at: **bouncebackontario.ca/what-is-bounceback-youth/**.

2. Ask your doctor or nurse practitioner for a referral, or refer yourself at **bouncebackontario.ca** but you'll need to give us your doctor's information, or reach out to your school guidance counsellor for help completing the online referral form.

3. Check out our 9 youth booklet topics and other cool resources and videos to help you manage your stress, worry and anxiety at: **bouncebackontario.ca/what-is-bounceback-youth/**.