



BounceBack Ontario Digital Package for Social Media

PURPOSE:

[BounceBack Ontario](#) is a free and confidential program for individuals (15+) in Ontario. Through safe and friendly telephone coaching, skill-building workbooks and online videos, BounceBack helps those struggling with stress, anxiety or low mood improve their mental health.

To help teens (aged 15-17) in Ontario access free mental health support, [Canadian Mental Health Association](#) developed a social media toolkit for your social media channels.

DIGITAL MATERIALS IN THIS PACKAGE:

- Social media captions in English and French
- Social media graphics in English and French

QUESTIONS?

If you have further questions about this package, please contact:
communications@cmha-yr.on.ca.

SOCIAL POSTS – Please tag @bouncebackontario on Instagram

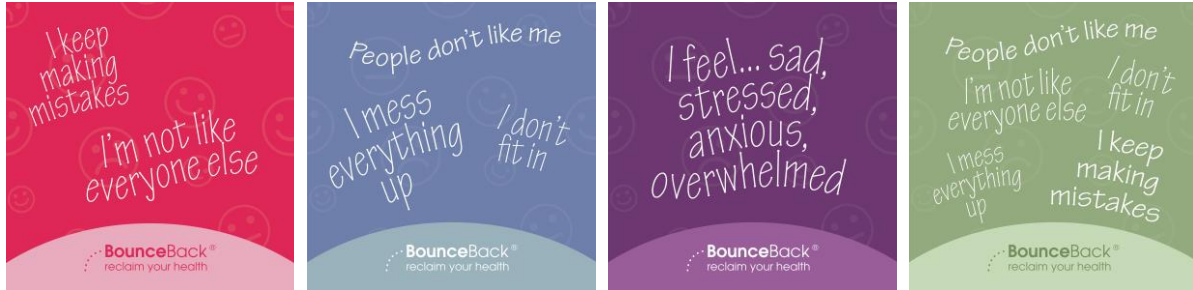
ENGLISH

- Have you had thoughts like these? BounceBack Ontario helps teens (15-17) cope with unwanted thoughts and build confidence through free and confidential telephone coaching and skill-building workbooks. Get started today: www.bouncebackontario.ca/teens <insert “word cloud” shareable graphic>
- BounceBack Ontario helps teens (15-17) through free and confidential telephone coaching and skill-building workbooks. Get started today: www.bouncebackontario.ca/teens <insert “I feel” shareable graphic>
- Are you an educator or caregiver worried about a teen's mental health? Free and confidential telephone coaching is available for individuals (15+) through BounceBack Ontario. Learn more: www.bouncebackontario.ca/teens <insert “word cloud” shareable graphic>

FRENCH

- Avez-vous eu des pensées comme celles-ci ? BounceBack Ontario aide les adolescents (15 à 17 ans) à faire face aux pensées indésirables et à renforcer leur confiance en eux grâce à un soutien par téléphone et à des cahiers d'exercices d'acquisition de compétences, le tout est gratuit et confidentiel. Commencez dès aujourd'hui : www.bouncebackontario.ca/teens <insert “word cloud” shareable graphic>
- BounceBack Ontario aide les adolescents (15 à 17 ans) grâce à un soutien par téléphone et à des cahiers d'exercices d'acquisition de compétences, le tout est gratuit et confidentiel. Commencez dès aujourd'hui : www.bouncebackontario.ca/teens <insert “I feel” shareable graphic>
- Êtes-vous un éducateur, une éducatrice, un soignant inquiet, ou une soignante inquiète de la santé mentale d'un adolescent ou d'une adolescente? Un soutien par téléphone gratuit et confidentiel est disponible pour les personnes (15 ans et plus) via Retrouver son entrain Ontario. Apprenez-en davantage: www.bouncebackontario.ca/teens <insert “word cloud” shareable graphic>

ENGLISH



FRENCH

