

Creating community-based self-help strategies to improve mental health for all

BounceBack® Promotional Materials Order Form

BounceBack® is a **free, guided, self-help program** for individuals **13 years and older** experiencing anxiety and mild to moderate depression. **Supported by telephone coaching**, individuals learn skills based in **Cognitive Behaviour Therapy** to improve their mental health.

For more information visit www.bouncebackbc.ca or email us at bounceback@cmha.bc.ca.

Order BounceBack® promotional materials for your clinic or office by completing the order form and fax your request to your regional CMHA branch at the number below.

Regional BounceBack® fax numbers:

Fraser Health and Vancouver Coastal: 1-604-872-5934

Okanagan, Interior and Kootenays: 1-250-374-1293

Northern Region: 1-250-562-3569

Vancouver Island: 1-604-398-4695 or 1-877-748-2606

Name: _____

Street Address: _____ City: _____

Postal code: _____ Email: _____

	Quantity	Materials / Services
☐	_____	BounceBack® rack card
☐	_____	BounceBack® brochure
☐	_____	BounceBack® referral form for telephone coaching
☐	_____	BounceBack® primary care provider brochure
☐	_____	Workbook Description List for adults
☐	_____	Workbook Description List for youth
☐	_____	BounceBack® promotional poster (8.5 x 11 in.)
☐	_____	Video link card (access code to BounceBack® Today videos)
☐	_____	Request an in person or virtual BounceBack® information presentation

Thank you for submitting your referrals to the BounceBack® program.