

Helping youth and adults bounce back from low mood, stress and anxiety

BounceBack Resources – A quick compendium

We have a number of BounceBack resources to help you support clients with different mental health needs. Here are some quick links to the resources:

[COVID-19 tip sheet](#)

[General client factsheet](#)

[Caregivers handout](#)

[Chronic pain handout](#)

[New parents handout](#)

[Chronic conditions handout](#)

[Youth 15-18 handout](#)

[Study stress handout for students](#)

Social media packages

Digital package [for the LGBTQ+ community](#)

Digital package [for the general public](#)

Digital package with [tips related to COVID-19](#)

Additional resources:

[How to refer](#) to BounceBack

BounceBack and [substance use considerations](#)

[Motivation tip sheet](#) for primary care providers

For more information, visit: bouncebackontario.ca or email us at bounceback@ontario.cmha.ca

