

## Media Release

### Wherever, Whenever: Free, Online Mental Health Resource at Your Fingertips

*BounceBack® Supports Achievement of Mental Wellness*

**Oakville (May 7, 2019)** – The Mississauga Halton Local Health Integration Network (LHIN) is pleased to share a new, free, easily accessible mental health resource for individuals living within our community.

Supported by funding from the Government of Ontario, this service is designed to help adults and youth manage mild to moderate symptoms of anxiety and depression. This announcement marks the start of Mental Health Week (May 6-12, 2019).

The Canadian Mental Health Association Ontario Division is offering BounceBack, ([bouncebackontario.ca](http://bouncebackontario.ca)) a free skill-building program designed to help people age 15 and above better manage low mood, stress and worry. The program offers two types of support: workbooks and one-on-one telephone coaching (available in multiple languages including: English, French, Arabic, Cantonese, Farsi, Mandarin, and Spanish), and a series of online videos that

offer practical tips (available in: English, French, Mandarin, Cantonese, Punjabi, Arabic, and Farsi). The online videos are accessible at any time at: [bouncebackvideo.ca](http://bouncebackvideo.ca) (using access code: **bbtodayon**). People interested in BounceBack telephone coaching and workbooks are encouraged to talk with their family physician or nurse practitioner to get a referral (if you currently do not have a family physician, you can [click here](#) for support). Individuals can also self-refer by completing an [online referral form](#). Watch the BounceBack introductory trailer [here](#).



BounceBack is funded as part of a three-year structured psychotherapy demonstration project.

#### Quotes:

"The Ontario Government's investment in new psychotherapy services addresses the critical need for timely access to mental health and addiction treatment within our community. This digital resource supports our health care providers and partners, including primary care, to better serve patients. We are pleased to partner with the Canadian Mental Health Association of Ontario (and their Halton Region and Peel Dufferin branches) to offer individuals living within the Mississauga Halton LHIN unique and free ways to seek support."

– *Sharon Lee Smith, Interim CEO, Mississauga Halton LHIN*

-more-

“In any given year, one in five people in Canada will personally experience a mental health problem or illness, and we know that mental illness indirectly affects all Canadians at some time through a family member, friend or colleague. If you or someone you know needs support for mild to moderate anxiety or depression, BounceBack can be an incredibly useful option while waiting for in-person support. No matter where an individual is in his or her mental health journey, these online tools can help. We encourage people to share this information with friends, families, and colleagues to increase awareness and access to this valuable mental health resource.”

– *Liane Fernandes, Vice President Regional Programs, Mississauga Halton LHIN*

“I love BounceBack because I get to talk about what matters most to me. My coach is great and the stuff I work on between calls really gets me thinking about changes I can make. It’s great that something like this is available for free, and it’s definitely helping me.”

– *BounceBack participant from the Mississauga Halton LHIN*

#### **CANADIAN MENTAL HEALTH ASSOCIATION ONTARIO**

The Canadian Mental Health Association Ontario was incorporated in 1952 and since then it has been providing community-based programs and services across the province to meet the needs of individuals seeking support with their mental health and addictions. The 30 local Canadian Mental Health Association branches are part of a community-based mental health sector which services approximately 500,000 Ontarians annually.

#### **MISSISSAUGA HALTON LHIN**

The Mississauga Halton LHIN plans, funds and integrates the local health system bringing together health care partners from a number of sectors including hospitals, community care and support services, mental health and addictions, community health centres, long-term care and primary care to develop innovative, collaborative solutions to improve access to health care and enhance the experience of patients and clients. As of May 31, 2017, we also deliver and coordinate home and community care.

The Mississauga Halton LHIN has a clear, achievable regional plan to improve the local health system that reflects the needs of the community and the realities of the local service environment. In 2017-2018, Mississauga Halton LHIN’s budget of \$1.6 billion was allocated to the delivery and coordination of home and community care services by the LHIN and to programs and services delivered by our health service providers through 70 service accountability agreements. The Mississauga Halton LHIN is home to over 1.2 million people living in the communities of Oakville, Milton, Halton Hills, Mississauga and South Etobicoke.

#### **MEDIA CONTACTS**

For more information or to arrange interviews, please contact:

**Lizanor Barrera, Communication Strategist, Mississauga Halton LHIN**

T: 905-855-9090 ext. 2603 | [lizanor.barrera@lhins.on.ca](mailto:lizanor.barrera@lhins.on.ca)

**Joe Kim, Director, Communications, Canadian Mental Health Association**

T: 416-977-5580 ext. 4141 | [jkim@ontario.cmha.ca](mailto:jkim@ontario.cmha.ca)