

Feeling down lately?

BounceBack[®]
reclaim your health

- **Free program** to help adults and youth (14+) manage depression, stress and anxiety.
- Offers **workbooks** and **telephone sessions** with a trained coach to support and guide you.
- Participants complete the program in **3 to 6 months**.



80%

of people who complete the program have fewer anxiety and/or depressive symptoms.



93%

would recommend the program to a friend.



88%

say the program has helped them make positive changes in their lives.

I want to feel better 

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 [bouncebackqc.ca](https://www.bouncebackqc.ca)

