BounceBack® reclaim your health

Ontario Structured Psychotherapy

Canadian Mental Health Association
Mental health for all

Majority of BounceBack participants experience significant improvements in symptoms of anxiety and depression: Behavioural Therapy Journal

Evaluation of the BounceBack program recently published in peer-reviewed journal, Behavior Therapy (2023) explored changes in participants' depression and anxiety symptoms and functional impairment.*

After completing the 6 – 8 week low-intensity mental health program BounceBack, participants reported:

68% Recovery Rate:

participants with clinical levels of depression or anxiety who moved into recovery

61.85% Reliable Improvement:

participants who reported a clinically significant reduction depression or anxiety scores

*as measured by PHQ-9, GAD-7, and WSAS

For more information about free and convenient low-intensity mental health services available in Ontario visit osp-cmha.ca or bouncebackontario.ca

Schumann, L., Park, K., Rouse, J., & Chagigiorgis, H. (2023). The high impact of low intensity: Effectiveness of the BounceBack program for depression and anxiety in Ontario. Behavior Therapy.