



## IODE CANADA *EXPRESS NEWS*

IODE has agreed to assist the Canadian Mental Health Association (CMHA) to “spread the word” about the CMHA program, BounceBack. This type of networking support falls under our Citizenship umbrella.

Stress and anxiety have increased across the population during the Covid pandemic. This opportunity to spread information about a Canadian Mental Health Association project comes at an opportune time. Please share the information with your IODE colleagues. Primary chapters are encouraged to include the information in their meetings and to share it with groups they work with such as, high schools, colleges and shelters .

Let’s send the information to the community and give CMHA the opportunity to provide the necessary support to those in need. Brochures are available from the National Office or your local CMHA office.



### **Canadian Mental Health Association’s Bounce Back Program**



**Do you know someone who suffers from mild to moderate stress, anxiety or depression and is in need of support? This Canada wide resource from the CMHA may be helpful to them.**

#### **WHAT?**

A free skill building mental health program presented from the Canadian Mental Health Association that supports clients on their path to mental wellness.

2 Types of Support:

✓ **Telephone Coaching and Workbook Completion**

- ▶ Multiple Workbooks (at gr4 reading level) to choose from in many languages
- ▶ Up to 6, 30 min telephone coaching sessions over 3 to 6 months
- ▶ Coaches support clients develop skills, motivate, monitor progress and assess risk of harm

✓ **Online videos** (providing practical tips)

**WHERE?**

Available across Canada with coaching delivered over the phone and supports through workbooks and online videos.

**WHEN?**

Following a significant trauma event or suffering from long term stressors.

**WHY?**

Develop strategies to assist in the management of mild to moderate depression, stress or anxiety.

**WHO?**

Individuals, over the age of 15, experiencing mild to moderate depression, anxiety, stress or worry; and capable of focusing on their own and building skills

**CONTACT INFORMATION**

Log into the National website [cmha.ca/bounceback](http://cmha.ca/bounceback). Choose your province or territory. Use toll free phone lines and email addresses for information and help.

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Founded in 1900, IODE Canada is a national women's charitable organization dedicated to enhancing the quality of life for individuals through education support, community services and citizenship programs. For more information about our organization and charitable work, please visit our website.

[www.IODE.ca](http://www.IODE.ca)

