









MEDIA RELEASE

CMHA Sudbury/Manitoulin and the North East LHIN Launch Two New Free Psychotherapy Services at Cambrian College

December 4, 2018 - Today, the Canadian Mental Health Association – Sudbury/Manitoulin (CMHA-S/M) and the North East Local Health Integration Network (North East LHIN) introduced students at Cambrian College to two new, free psychotherapy services they can use for help dealing with low mood, stress, and worry.

Both skill-building programs, funded by the Ontario Government, are designed to help adults and youth with mild to moderate depression and anxiety. BounceBack is a telephone-coaching program with workbooks and videos and Big



(Left to right) Marion Quigley, CEO, CMHA Sudbury-Manitoulin; Alison De Luisa, Associate VP, Cambrian College; Emily Zanini, Health Promotion Educator, CMHA; Roni Sue Clement, Student Support Advisory, Cambrian; Sue Tassé, Manager of Clinical Services; Stephanie Paquette, Mental Health and Addictions Lead, North East LHIN; Seija Korpela, Director of the Glenn Crombie Centre, Cambrian; Bill Best, President, Cambrian College.

White Wall is an online peer support and self-management tool.

"The North East LHIN is pleased to be working with the local branches of the CMHA and the Ontario Telemedicine Network (OTN) to help increase awareness of both Big White Wall and BounceBack across Northeastern Ontario," said Jeremy Stevenson, North East LHIN CEO. "While the online and telephone-based services are ideal for students and youth, they are also available to all adults. The best part is there is little to no wait time – people can get help, they may need, right away."

CMHA – Sudbury/Manitoulin has been making presentations to different groups including mental health and addiction professionals, as well as physicians and nurse practitioners on how their clients and patients can benefit from the services.

"We are excited to be working with students and staff of Cambrian College to ensure everyone has timely access to services," said Marion Quigley, CMHA - Sudbury/Manitoulin CEO.

"Making these two excellent solutions available free across the province will arm Ontarians with valuable resources they can use to help manage anxiety and depression," said Dr. Ed Brown, CEO, OTN. "We know that students in particular are in need of immediate options to cope, to help with the stress and isolation that can happen with post-secondary education, and to empower them to self-manage."





Association canadienne pour la santé mentale Sudbury/Manitoulin





For Cambrian College, finding new ways to support its students' mental health is a priority. These new services offer another way to help students develop the skills they need to manage stress, anxiety and low mood.

"At Cambrian, we're very excited to let our students know about Big White Wall and BounceBack, as they will make a great addition to the various mental health services we already provide," said Roni Sue Clement, a Student Support Advisor in Cambrian's Glenn Crombie Centre for Student Support. "Any time we can collaborate with community partners like the CMHA, NE LHIN, and OTN to provide additional supports is a big win for our students. We know they will do well academically when they are doing well emotionally and mentally."

"Your story is what makes you who you are. The resilience you walk with is the voice within, so don't be ashamed of your story," said Skylar Barnard, a student in Cambrian College's Social Service Worker-Indigenous Specialization program, who has benefitted from mental health support on and off campus.

Big White Wall

Big White Wall is a free online peer support and self-management tool for adults and youth aged 16 and older experiencing symptoms of mild to moderate depression and anxiety. The service, currently only available in English and coordinated through OTN. People can self-refer and no clinician referral is required. It is available around the clock, which means people can access it immediately and at a time when other services are less likely to be available. In fact, 66% of logins to Big White Wall are after regular office hours.

With Big White Wall, users can talk anonymously with other members of the community who are feeling the same way they are. Big White Wall is staffed by trained Wall Guides who make sure that the community is safe and supportive and remains anonymous.

BounceBack

BounceBack is a free skill-building program designed to help adults and youth aged 15 and older manage symptoms of depression and anxiety, combat unhelpful thinking, and become more active and assertive. The program offers two forms of help:

Telephone coaching and workbooks: BounceBack has a guided self-help program in which a coach supports you in working through a series of workbooks. The program involves three to six telephone coaching sessions, which you can do from your home. Workbooks and coaching are available in multiple languages.

Online videos: BounceBack Today videos offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living. The videos are available in English, French, Mandarin, Cantonese, Punjabi, Arabic, and Farsi.

A referral is required to participate in the BounceBack telephone coaching program. Your family doctor or nurse practitioner can provide you with a referral. Alternatively, you can self-refer, but will need to provide your primary care provider's contact information so that we can contact them on your behalf.











Background:

- To find out more about BounceBack go to https://bouncebackontario.ca/
- To share short video on BounceBack https://www.youtube.com/watch?v=W2VZhAEHB_M
- To find out more about Big White Wall go to https://www.bigwhitewall.ca
- To share a short video about Big White Wall:

2min: https://www.youtube.com/watch?v=OLG_OMHU4-s 1min: https://www.youtube.com/watch?v=aKSr2sljHcE 30sec: https://www.youtube.com/watch?v=ifrCqLoYJaE

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