



CAMBRIAN
COLLEGE



Canadian Mental
Health Association
Sudbury/Manitoulin
Mental health for all

Association canadienne
pour la santé mentale
Sudbury/Manitoulin
La santé mentale pour tous



years of
community
ans dans la
communauté



Ontario

North East Local Health
Integration Network
Réseau local d'intégration
des services de santé
du Nord-Est

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.



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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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