**BreathingRoom** Shannon Hay, Project Manager

E: [s.hay@cinim.org](mailto:s.hay@cinim.org)

T: 403-220-0022 ext. 222

Website links:

[www.breathingroom.me](http://www.breathingroom.me)

[www.cinim.org/services-and-support](http://www.cinim.org/services-and-support)

**OVERVIEW >**

BreathingRoom™ is a transformational, evidence-based, award-winning, e-mental health program designed to build resilience in youth and young adults (aged 13–24). BreathingRoom™ offers new ways to rebound from setbacks and to better manage symptoms of stress, depression and anxiety while strengthening coping strategies.

The interactive program is fun, and speaks directly to youth through music, videos, comedy clips, personal stories from other young people, visualizations and practical exercises which can be used immediately for effective and lasting results. The youthful host guides participants through the program, introducing materials and relating them to her life experiences.

The 20 hour program consists of eight modules that address foundational principles proven essential to personal resilience in youth and adults. The modular design allows young people to engage at their interest points and progress at their own pace. Though designed to be completed in its entirety and in sequence (one module per week for eight weeks; 20 minutes per day), participants also reported receiving great value from completing single modules and exercises and in the order they wish.

**BARRIER-REDUCED RESOURCE >**

Youth care professionals and educators value the program as a safe, effective, and accessible tool. BreathingRoom™ reduces the barriers to youth getting the much needed help they need. Educational organizations are including the program in their curricula in a variety of areas such as orientation for new students and resources for wellness. BreathingRoom™ is also a valuable tool that is being used to bridge long wait times for consultation and to decrease stigma.

Supported by the Mental Health Commission of Canada and leading mental health professionals, BreathingRoom™ is a beneficial adjunct to conventional treatment. Youth reported that as a result of the program they are more comfortable seeking help.

**RESEARCH AND DEVELOPMENT >**

BreathingRoom™ was developed by Calgary-based CINIM (The Canadian Institute of Natural and Integrative Medicine) in collaboration with Mount Royal University, the University of Calgary and Alberta Health Services. The program was created with input from youth, educators, youth health professionals, youth service providers and parents; and with clinical and visionary insight from CINIM’s leadership. Evidence of effectiveness of the principles and strategies used in BreathingRoom™ is supported by a vast body of literature and three rigorous trials conducted by CINIM. The results of all three trials irrefutably demonstrate that BreathingRoom™ is effective in reducing the symptoms of depression.

BreathingRoom™ is the recipient of the 2014 True Imagination Award from the Lieutenant Governor of Alberta’s Circle on Mental Health and Addiction which recognizes this unique and innovative program as a valuable resource for building resilience in a vulnerable population.

BreathingRoom™ is available as an online program or as an App. Visit [www.cinim.org/breathingroom](http://www.cinim.org/breathingroom) to learn more about this life-changing program.