

# E-Mental Health Services

To learn more about a specific program, click on the program name to access the website, scan the code with your device, or visit [nl.bridgethegapp.ca](http://nl.bridgethegapp.ca).

AVAILABLE 24/7 - FREE - EASY TO USE

## Bridge the gapp



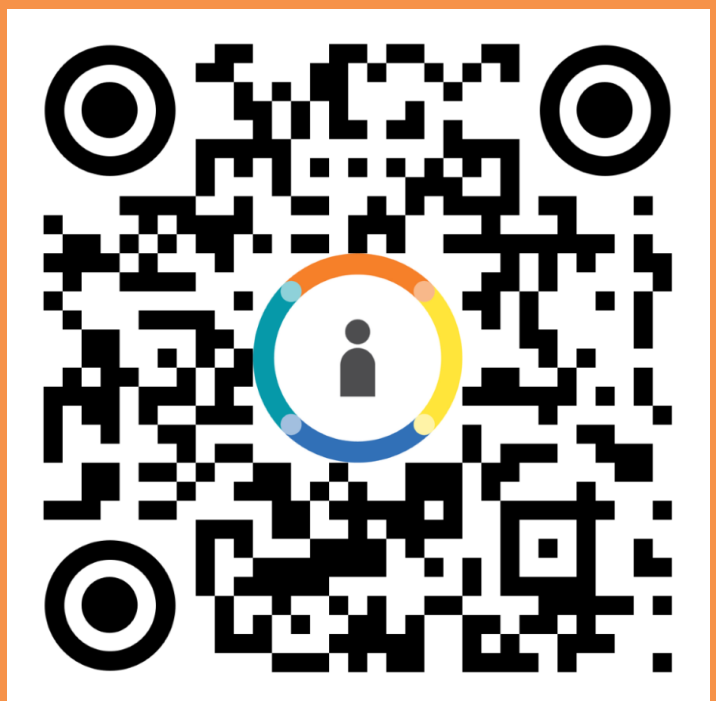
Newfoundland and Labrador's mental health and addictions website. Youth & Adults.

## Breaking Free



A self-help program proven effective at helping people cut down on their drinking or drug use, or quit completely. Ages 16+.

## BreathingRoom™



Online self-management program for people looking to find ways to manage stress, anxiety and depression. Ages 13-24.

## CheckItOutNL



Self-screening assessments that focus on the early identification of issues, with links to local resources. Ages 18+.

## HOW TO SCAN

- Open phone camera (some devices may require the download of a scanner app)
- Point camera at the QR code
- Wait for code to scan
- Open QR code content (pop up)

## MindWell



A program providing mindfulness-based tools to learn ways to decrease stress, minimize burnout, and improve focus. Ages 13+.

## Therapy Assistance Online



A suite of online tools to help individuals understand and manage how they feel, think, and act. Ages 16+.

## Strongest Families Institute



Skill-based educational programs to improve mental health and well-being. Children, Youth & Adults.

## Power Over Pain Portal



Free resources and support to help individuals get power over their pain. Ages 18+.