

CheckItOutNL.ca

Mental Health & Substance Use Self-Screening

Take the important first step.
Online self-screening tools, anytime, anywhere.



Select a screening tool.



Answer questions, it's fast & anonymous.



Receive immediate feedback.



Explore local services & supports.

Self-screenings available for adults 18+:

- Well-Being
- Wide Range
- Depression
- Anxiety
- Alcohol Use
- Substance Use
- Opioid Use
- Gambling
- Posttraumatic Stress
- Disordered Eating
- Bipolar
- Psychosis
- Adolescent Depression (for parents)

These are NOT diagnostic tools. Only a trained professional can diagnose a disorder.

AVAILABLE AT:

Bridge **the** gapp.ca

