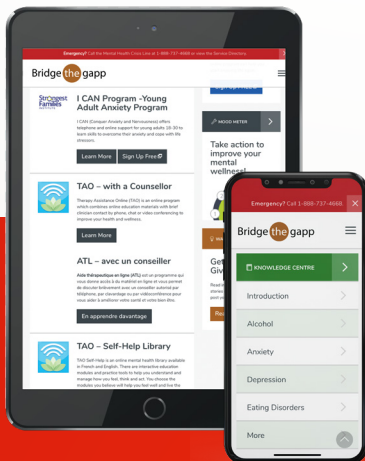


# Turn screen time into me time



Bridge the gapp's local well-being resources are here to help you through this stressful time so you can understand and protect your mental health.

[Bridgethegapp.ca](https://Bridgethegapp.ca)



Bridge the gapp