

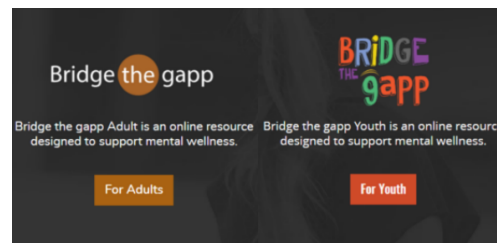
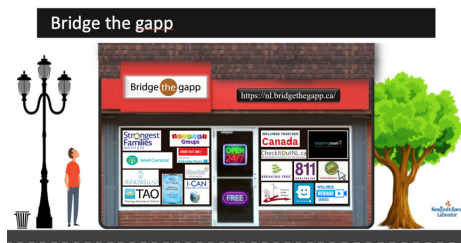
## Bridge the gapp



Newfoundland and Labrador has its own website for mental health and addictions services and information.

Bridge the gapp is the province's 'go to' site for mental health and addictions services and information. It was co-designed by individuals with lived experience and healthcare providers in the field. The website acts as a storefront for e-mental health services in Newfoundland and Labrador.

There is a wide range of **free** services available by computer, tablet or phone, with options for both youth and adults. Individuals can sign up for online programming, use tools, and learn more about what is available in their region.



The website is divided by:

- A **Service Directory** where users can read about and locate mental health and addictions services.
- A **Knowledge Centre** (adult) and an **Information Booth** (youth) containing information about topics such as stress, depression, suicide, bullying, substance use, parenting, and more.
- A **Get Inspired** section (adult) and a **My Space** section (youth) providing opportunities for people to share with others and to explore their creativity.
- An **Online Programs** tab detailing the online programs available.
- A **Toolbox** tab providing links to resources, self-help activities, and ways to engage.



If an individual is unsure of what they are looking for, they can use the convenient search bar at the top of the screen, or the website's new Virtual Assistant, Bridget.