

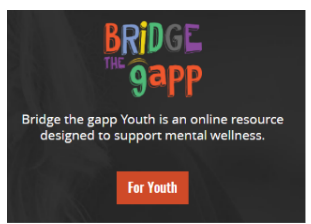
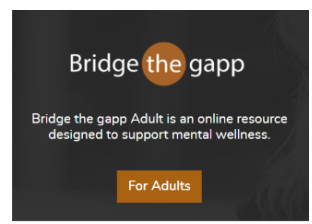
**E-MENTAL HEALTH HIGHLIGHT**  
**FEBRUARY 27, 2023**

**Bridge the gapp -  
 Knowledge Centre/Info Booth**



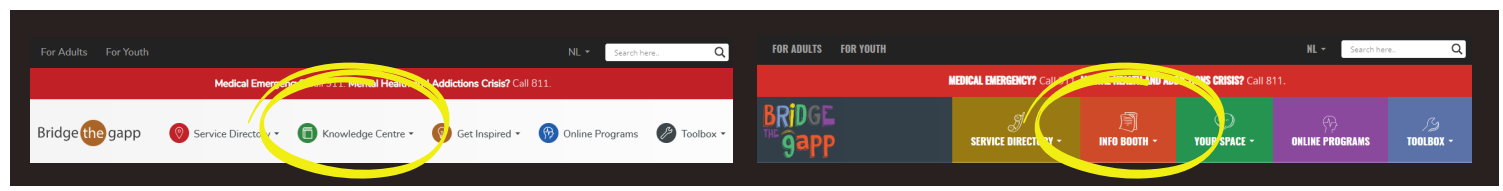
**Bridge the gapp** is Newfoundland and Labrador's website for mental health and addictions services and information.

[www.bridgethegapp.ca](http://www.bridgethegapp.ca)



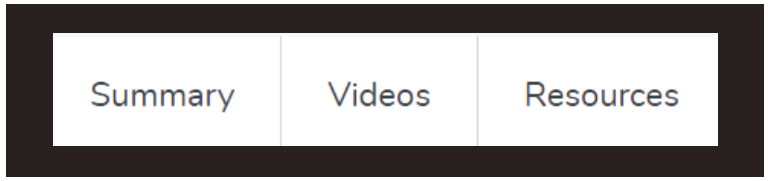
The website has a page **For Adults** and a page **For Youth**.

Both pages are divided by tabs that categorize the information, programs and activities available.



The **Knowledge Centre** tab on the Adult page and the **Info Booth** tab on the Youth page contain information about many different topics. Individuals can read and learn about anxiety, depression, eating disorders, identity and self esteem, relationships, suicide prevention and more.

In addition to a **Summary** tab, each topic also has tabs that provide links to related **Videos** and **Resources**.



The **Summary** tab provides a description of the topic, and information such as signs and symptoms, causes, diagnosis, treatment, and where to get help.

Explore the Knowledge Centre/Info Booth to learn about mental health and addictions topics and the resources available to support them.

