

# E-MENTAL HEALTH HIGHLIGHT

MARCH 13, 2023

## Bridge the gapp - Online Programs

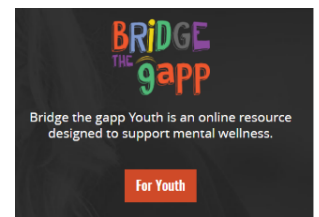
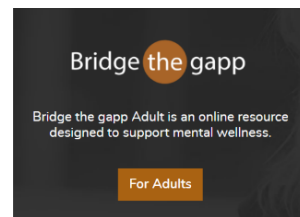


**Bridge the gapp** is Newfoundland and Labrador's website for mental health and addictions services and information.

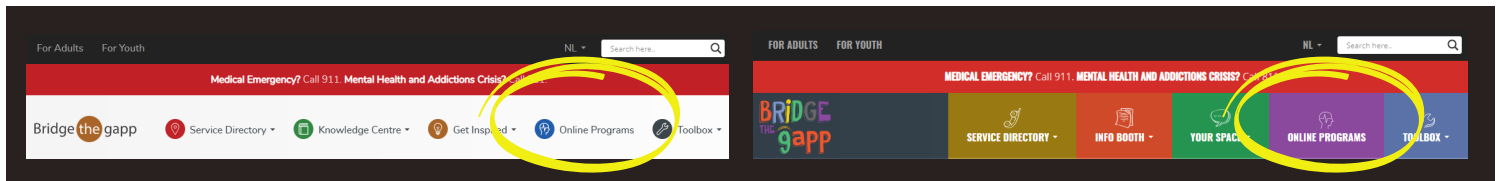
[www.bridgethegapp.ca](http://www.bridgethegapp.ca)



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 **Online Programs** tab on both the Adult and Youth pages detail the **free** programs available to residents of Newfoundland and Labrador.

Online programs are not designed or intended to replace in-person services. They instead offer an alternative, more options and enhanced access to services. Using services online promotes wellness and early intervention, improves access with little to no wait time, and brings the service to the person when and where they need it. Individuals are able to control how, and when, they want to access information and support.

Online programs are available 24/7, anywhere, from any device that can connect to the Internet. They can be used on their own or in addition to traditional therapy options, and many are available as: 1) self-led, 2) therapist-guided, or 3) a combination of both.

The current online programs available on Bridge the gapp include:

- Breaking Free
- BreathingRoom™
- CheckItOutNL
- Mindwell
- Smokers' Helpline
- Strongest Families
- Support Groups
- The Brain Story
- Therapy Assistance Online
- Well Central
- Wellness Together Canada
- Wellness Webinar Series

Stay tuned for E-Mental Health Highlights that will be shared in the weeks ahead for additional information about each of the online programs above.

