

E-MENTAL HEALTH HIGHLIGHT
FEBRUARY 13, 2023

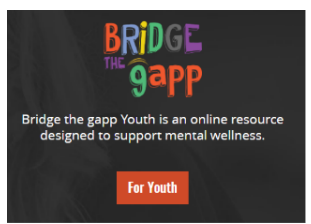
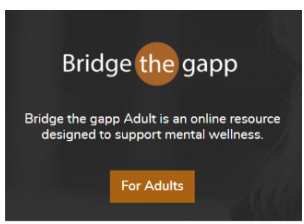
**Bridge the gapp -
 Service Directory**



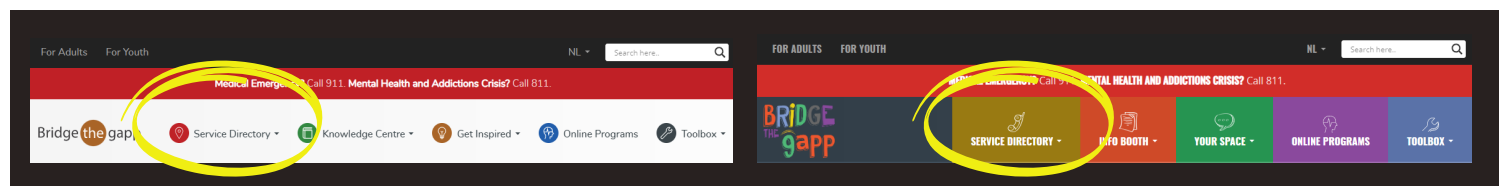
Bridge the gapp is Newfoundland and Labrador's website for mental health and addictions services and information.

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 **Service Directory** tab on both pages is where individuals can read about and locate mental health and addictions services.

In the Service Directory dropdown, **Quick Links** (adults) and **Tags** (youth) provide information and resources about:

Bridge the gapp.ca

Doorways Walk-In Counselling (12yrs +)	Eating Disorders
Emergency/Crisis	Help-Info Lines
Help Now	Housing & Immediate Needs
Info for Parents	2SLGBTQIA+
Mental Health Info	Peer Support
Sexual Health & Pregnancy	Substance Use/Addiction
Suicide/Self-Harm	

The Service Directory also gives individuals quick access to information about **Emergency** and **Frequently Used** services, as well as listings of the mental health and addictions resources available in each of the four regional health authorities.

- Quick Links ▾
- Emergency
- Frequently Used
- Eastern
- Central
- Western
- Labrador-Grenfell
- Youth

If you're not sure what you're looking for, or need more information, the Service Directory is a great place to start.

