

## E-Mental Health



Mental health and addictions services delivered using the Internet and other technologies have been shown to be as effective as face-to-face treatment.

E-mental health is mental health services and information delivered or enhanced through the use of the Internet and digital technology (MHCC). E-mental health options are not designed, nor intended, to replace in-person services if they are needed or preferred. Instead, they offer an alternative to meet people where they are in their wellness journey, and allow them to have control over how, and when, to access information and support.

### E-Mental Health Technologies Include



- Telephone/Hotlines
- Video-conferencing
- Internet/Websites
- Mobile Devices (apps, texting)
- Online Self-help Tools & Groups
- Home Monitoring Devices
- Wearables (Fitbit, Apple Watch)
- Gaming & Robotics
- Social Media (Facebook, Instagram)

### WHY E-MENTAL HEALTH?

- Provides evidence-based services and support
- Gives greater choice and control over preferred service options
- Promotes wellness and early intervention
- Improves access with little to no wait time
- Brings the service to the person
- Offers services 24/7
- Allows for the continuation of services when in-person services are interrupted

### E-Mental Health Tools Available to NL Residents at No Cost

#### Online Programs

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

#### Hotlines

- 811 HealthLine
- Provincial Lifewise Warmline
- Provincial Mental Health & Addictions Systems Navigator
- Kids Help Phone
- Crisis Text Line
- First Nations & Inuit Hope for Wellness Help Line

E-mental health services can be used on their own or in addition to traditional therapy options, based on an individual's needs and wants.

Many of the Online Programs on Bridge the gapp are available as 1) self-led 2) therapist-guided, or 3) a combination of both.

For more information about e-mental health tools available in Newfoundland & Labrador, check out Bridge the gapp.