

E-MENTAL HEALTH HIGHLIGHT

APRIL 24, 2023

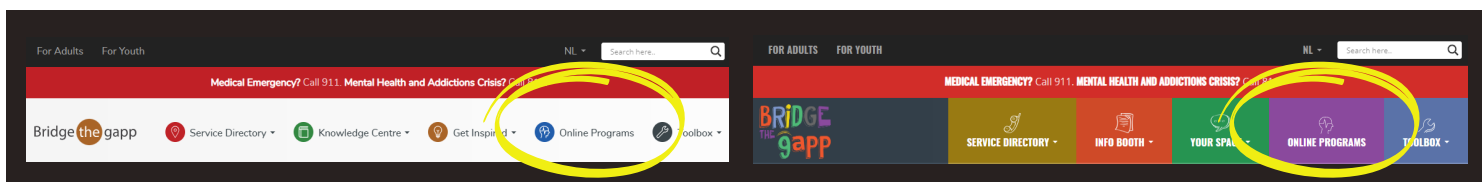
Online Program -
CheckItOutNL.ca



www.bridgethegapp.ca



The **Online Programs** tab on both the Adult and Youth pages of Bridge the gapp provide information about and access to free programs available to residents of Newfoundland and Labrador.



CheckItOutNL.ca is a free, online program available on Bridge the gapp. It's for individuals 18+ concerned about their own or a loved one's mental health or substance use.

The program consists of screening tools that focus on the early identification of issues, customized with links to local resources for each health region of the province.

Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioural health professional.

Complete as many screenings as you would like, as more than one may apply to your situation.

Each tool only takes a few minutes to complete and responses are completely anonymous.

Receive immediate feedback about moods and behaviours, and print your results.

Get links to resources on the relevant topic(s) to further explore assessment results.



Completing these screenings will help you determine if your recent thoughts or behaviours may be associated with a common, treatable mental health issue.



Screenings cannot be linked to you, so you remain anonymous. Take these screenings anywhere you feel comfortable.



It only takes a few minutes to complete a screening, and at the end you will be presented with information and next steps.

CheckItOutNL.ca