

E-MENTAL HEALTH HIGHLIGHT
JUNE 19, 2023

**Online Program -
 Power Over Pain Portal**

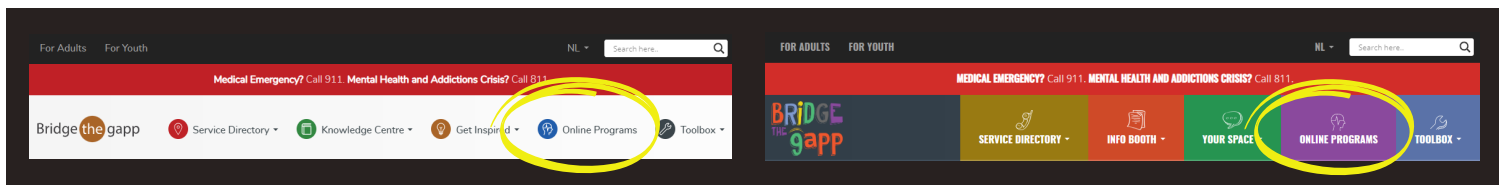


Bridge **the gapp**

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.



**POWER
 OVER PAIN
 PORTAL**

The Power Over Pain Portal is a set of curated tools and resources designed to improve access to pain care for adults living with chronic pain, family members, caregivers and healthcare providers.



**One-stop Shop of Pain Management
 Resources & Support**

- Learn about pain & pain management
- Watch videos
- Listen to podcasts
- Take self-directed courses
- Connect with peers
- Access one-on-one counselling

An account is **NOT** required to access resources, but

Creating an Account

allows users to:

- Access self-directed courses
- Complete self-assessments
- Receive a summary of results to track their progress
- Obtain resource suggestions

Online Portal Designed by



or visit poweroverpain.ca

Start anywhere with the resources and explore what you think will be most helpful to you.

