

E-MENTAL HEALTH HIGHLIGHT

SEPTEMBER 11, 2023

Provincial Mental Health Groups

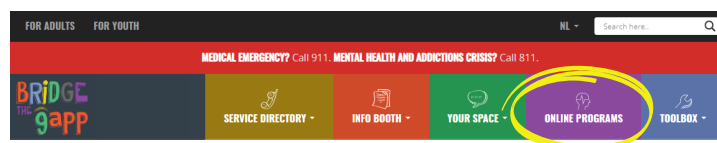
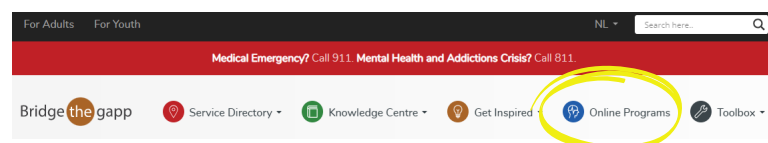


Bridge the gapp

www.nl.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.



Mental Health & Addictions in Newfoundland and Labrador is now offering **Provincial Mental Health Groups**. These groups will address a wide variety of mental health and addictions issues (with new groups being developed on an ongoing basis), are available virtually, and are facilitated by local clinicians within the province.

A Provincial Mental Health Groups Coordinator collaborates and coordinates with Mental Health & Addictions staff to create and provide these groups. The goal is to standardize group therapy so that no matter where the person attending a group is located, they receive the same information and support, based on best practices and up to date knowledge.

Is group therapy right for me?

Click the image below and watch the linked video to learn more.



GROUP THERAPY

Preparing you for your group therapy experience

Groups Starting in September & October

Gender Journeys: For individuals exploring gender identity and gender expression. A safe space where people anywhere on the gender spectrum are welcome. Nine (9) weekly sessions on Wednesdays from 1:00-3:00 Labrador time, 1:30-3:30 Island time, beginning September 20.

Mental Health Skills & Recovery: For individuals struggling with any issues related to mental health. This group will explore a variety of topics related to mental health, recovery and wellness. Ten (10) weekly sessions on Tuesdays from 1:30-3:30 Labrador time, 2:00-4:00 Island time, beginning October 3.

Anxiety Treatment: For individuals experiencing symptoms of anxiety. A safe space for all to connect and gain tools to improve their mental health. Nine (9) weekly sessions on Thursdays from 1:30-3:30 Labrador time, 2:00-4:00 Island time, beginning October 12.

Current groups being offered are for individuals 18+



For more information or to register, email nlgroups@nlhealthservices.ca.

If your email is about a specific group, please indicate the group name in the email subject line.