

# E-MENTAL HEALTH HIGHLIGHT

FEBRUARY 26, 2024

## Online Program - Breaking Free



Bridge the gapp

[nl.bridgethegapp.ca](https://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.



Breaking Free is a free, online program available on Bridge the gapp, for individuals 16+ who want to reduce their drinking and drug use to less harmful levels, or who need to stop completely, because their substance use has become severe.

### Breaking Free is:

- easy to use
- safe and confidential
- available in English and French
- available 24/7 on a computer, tablet or phone and has no wait time - individuals can start using the program immediately after signing up.

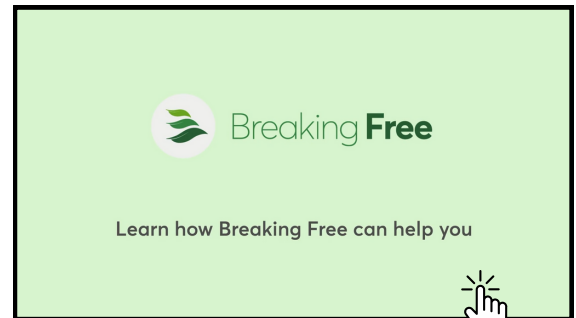
### Breaking Free can be delivered as:

- Self-Directed: Individuals can use the program independently or with minimal support.
- One-to-One Computer-Assisted Therapy: Clinicians and practitioners deliver the program as a series of key working sessions with an individual.
- Group Computer-Assisted Therapy: Clinicians and practitioners deliver the program as a structured group intervention.

### Breaking Free Provides Users With

- Assessments
- Information & Practical Action Strategies
- Action Plans & Progress Reports
- Certificates

Get help with over 100 substances - tobacco, alcohol and drugs, including opioids

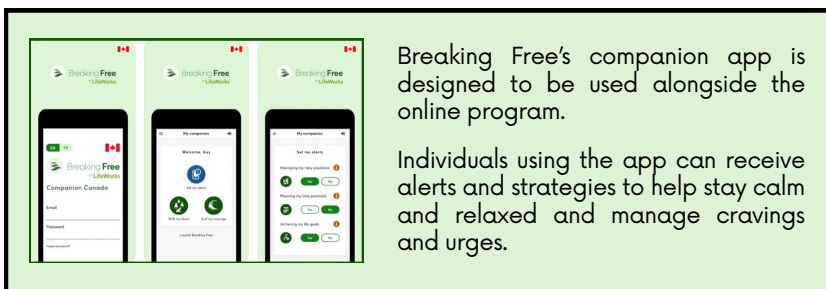


LEARN MORE



VISIT OUR WEBSITE

[nl.bridgethegapp.ca](https://nl.bridgethegapp.ca)  
Online Programs,  
or scan the code



Breaking Free's companion app is designed to be used alongside the online program.

Individuals using the app can receive alerts and strategies to help stay calm and relaxed and manage cravings and urges.



# Join Us

Breaking Free Webinar  
March 13, 2024

REGISTER NOW

1:00 PM - 2:00 PM NST  
12:30 PM - 1:30 PM AST

