

E-MENTAL HEALTH HIGHLIGHT

AUGUST 14, 2023

Online Program - Support Groups

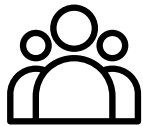
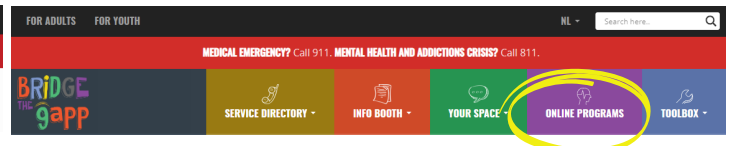
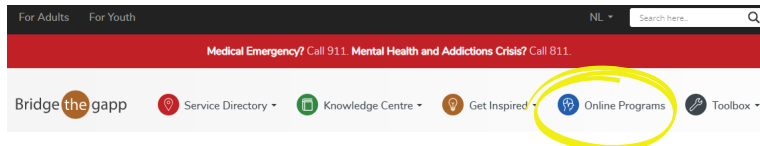


Bridge the gapp

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.



In the Online Programs section of **Bridge the gapp**, listed are a number of free support groups offered by various community-based organizations. These online groups address a variety of needs, and provide a supportive place for people with a common experience to help and learn from each other.

Organizations currently offering free online groups in Newfoundland & Labrador include:



Lifewise support groups offer a safe space for individuals to come together and support one another on a drop-in basis. Groups are offered virtually and in-person.

Telephone: 1-855-753-2560 (English), 1-833-753-5460 (French)
Email: virtualgroup@lifewisenl.ca, Website: <https://lifewisenl.ca/>



Alcoholics Anonymous offers online groups for those struggling with problematic drinking.

Telephone: (709) 579-5215 / Toll Free: 1-888-579-5215 / Meeting Information: (709) 579-6091
Website: <https://www.aastjohns.com/>
Online Meetings: <https://www.aastjohns.com/online-meetings-zoom>



Narcotics Anonymous online meetings are available to individuals for whom drugs have become a problem. The only requirement for membership is the desire to stop using.

Telephone: (709) 728-9084
Email: nlarea.na.publicinformation@gmail.com
Website: <https://www.nlareana.ca/>



Smokers' Helpline hosts online sessions to provide extra tobacco cessation support for anyone who may be interested.

Telephone: 1-800-363-5864
Email: quitcoach@smokershelp.net
Website: <https://www.smokershelp.net/>



Canadian Mental Health Association Newfoundland & Labrador has a variety of mental health online webinars, courses and training available.

Telephone: (709) 753-8550
Email: office@cmhanl.ca
Website: <https://cmhanl.ca/>