

Reduce your drinking or drug use to less harmful levels,  
or stop completely with **Breaking Free**

- For individuals 16+
- Free
- Accessible 24/7
- Available in English & French
- Evidence-based
- Supports every stage of the recovery journey

To learn how **Breaking Free** can help you, visit the Online Programs tab of [Bridge the gapp](#), or scan the code with your device.



**How to scan:**

1. Open phone camera (some devices may require the download of a scanner app)
2. Point camera at the QR code
3. Wait for code to scan
4. Open QR code content (pop up)

### How Does Breaking Free Work?

- ✓ **SIGN UP** ([here](#)) and activate your free account.
- ✓ **COMPLETE** the baseline assessment (10-15 minutes) to identify the substance(s) you would like support with and to set your personal recovery goals. This helps the program understand your strengths, as well as the challenges you are facing.
- ✓ **WATCH** the video on how to use the program, including the *MY DIAGRAM* and *MY TOOLKIT* features.
- ✓ **CLICK** in the areas of your *MY DIAGRAM* to receive information and practical action strategies. Complete a strategy and get a summary to reflect on or an action plan to put into practice.
- ✓ In *MY DASHBOARD*, **TRACK** your recovery progress, strengths and achievements, **GET** your most recent progress report, **UPDATE** a report (complete a 2-3 minute brief assessment), and **VIEW/PRINT** your certificates.
- ✓ **ADD** email addresses for up to three members of your support network (friends, family, clinicians) that you would like to share your completed action plans and progress reports with.
- ✓ **USE** the program at least one hour a week for eight weeks, or more often if needed. The more you use Breaking Free, the faster you will achieve your recovery goals!