



Frequently Asked Questions



What is BreathingRoom?

BreathingRoom is a digital wellness app and online program that gives young people practical tools for coping with life's challenges.



Who is BreathingRoom for?

BreathingRoom is for individuals 13-24 years of age looking to find ways to manage stress, anxiety and depression.



Is there a cost to use BreathingRoom?

BreathingRoom is free to residents of Newfoundland and Labrador.



How do I access BreathingRoom?

BreathingRoom is accessible through the Newfoundland and Labrador specific URL <https://app.breathingroom.me/register?code=ZH8N47FS>, or from the Online Programs tab on [Bridge the gapp](#). In addition to website access, BreathingRoom can be used on a smartphone by downloading the mobile app from the App Store or Google Play. When registering, use code ZH8N47FS.



When is BreathingRoom available?

BreathingRoom is available 24 hours a day, seven days a week, by computer, tablet or phone.



Is BreathingRoom confidential?

BreathingRoom is 100% confidential.



Does BreathingRoom replace in-person interactions and care?

BreathingRoom is not meant to replace in-person services, if they are needed or preferred. BreathingRoom can be delivered as a self-managed, interactive treatment, part of a peer support network, with a practitioner in the role of coach, as a tool for a professionally-led therapy group, or as an adjunct to traditional counselling.



Can I use BreathingRoom if I am in distress or experiencing an emergency?

It is important that if you are in distress or experiencing an emergency, you contact emergency health and/or police services by calling 9-1-1. If you are experiencing a mental health or addictions crisis, you can contact the 811 HealthLine by dialing 8-1-1. In situations like these, a health professional is best to help.



If I experience issues with the website or app, or would like to provide feedback about the program, who can I contact?

You can email the BreathingRoom team at hello@breathingroom.me.