



breathingroom

because everyone needs some

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

Learn coping strategies and techniques to manage stress, anxiety and depression, and build resilience.

8 Key Topics



Unlock the real you



Connect with life



Discover your purpose



Find the positive



Respond to disappointments



Deal with the past



Reach in to reach out



Move forward

Each topic, guided by an individual with lived experience, features a mix of song, book and movie recommendations to help bring the concepts to life, along with downloads and video content.

Complete
at your own
pace and in
the order
you want

Takes only
minutes
a day

Available
24/7
on any
device

To learn how **BreathingRoom™** can help you, visit nl.bridgethegapp.ca, 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)

