



breathing room

because everyone needs some

A digital wellness app and online program that gives young people practical tools for coping with life's challenges. Learn strategies and techniques to manage stress, anxiety and depression, and build resilience.

Takes only minutes a day. Complete at your own pace and in the order you want. Free and available 24/7 on any device.



To learn more, visit nl.bridgethegapp.ca, or scan the code with your device.

Bridge **the** gapp

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)