

Bridge the gapp ●●●●●



Newfoundland and Labrador's mental health and addictions website.

- **FREE**
- **CONFIDENTIAL**
- **FOR YOUTH & ADULTS**
- **ACCESSIBLE 24/7
FROM ANY DEVICE**



Service Directory

Learn about services available

Knowledge Centre/Info Booth

Read about mental health and addictions topics

Get Inspired/Your Space

Explore and share

Online Programs

Sign up

Toolbox

Links to resources and self-help activities

You Are Not Alone

To learn more, 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)

Have a question?
Email bridgethegapp@gov.nl.ca

**Not sure what
you're looking
for?**



Try Bridge the gapp's
virtual assistant

Bridget

