



CHECK IT OUT

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

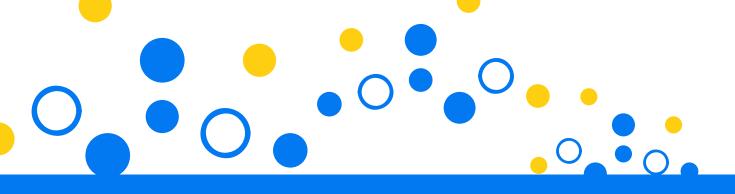
## Knowledge Centre/Info Booth

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 <u>nl.bridgethegapp.ca</u> 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 <u>bridgethegapp@gov.nl.ca</u>

## Not sure what you're looking for?



Try Bridge the gapp's virtual assistant

Bridget