

Bridge the gapp

Newfoundland and Labrador's provincial mental health and addictions website.

Learn about mental health and addictions services available, use tools, and sign up for online programming. It's free, confidential, and available 24/7 on any device. No wait time. Start now!



Bridge **the** gapp

nl.bridgethegapp.ca

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)