

Experiencing mental health or substance use issues?

Programs
24/7

Confidential
and free

Little
to no
wait time

Programs
designed
for you

You are not alone

Breaking Free: An online program for individuals, 16+, who want to reduce their drinking and/or drug use to less harmful levels, or want to stop completely. No referral required.

BreathingRoom™: An online self-management program designed to help individuals, ages 13-24, manage stress, anxiety and depression. No referral required.

CheckItOutNL: A suite of online self-assessment screening tools for individuals, 18+, focused on the early identification of issues, customized with links to local resources. No referral required.

ICAN (Conquer Anxiety and Nervousness): A phone/online-based coaching program to help individuals, ages 18-30, learn skills to overcome anxiety and manage major life stressors. Online referral via Bridge the gapp. ICAN is a Strongest Families Institute program.

MindWell: An online program for individuals, 13+, providing mindfulness-based e-mental health tools shown to increase resilience, lower stress, and improve performance. No referral required.

Strongest Families Institute: A unique distance coaching program providing skill-based educational programs for children, youth and their families seeking help to improve mental health and well-being. Online referral via Bridge the gapp.

Therapy Assistance Online (TAO): Designed to help individuals, 16+, learn about and change how they think and feel. TAO is available as a completely anonymous self-help program (no referral required) or with the support of a counsellor (ask your therapist about TAO).

For more information, visit nl.bridgethegapp.ca

Bridge  the gapp