



# WELLNESS WEBINARS

FIND QUALITY INFORMATION ON VARIOUS MENTAL WELLNESS AND SUBSTANCE USE TOPICS

- FREE -  
- AVAILABLE ON COMPUTER, TABLET OR PHONE -  
- WATCH AS OFTEN AS NEEDED -

Bridge the gapp

[HTTPS://NL.BRIDGETHEGAPP.CA/ADULT/ONLINE-PROGRAMS/WELLNESS-WEBINARS](https://nl.bridgethegapp.ca/adult/online-programs/wellness-webinars)

Click the title to access the video

## **Bridge the gapp**

A brief explanation of the features of Newfoundland and Labrador's mental health and addictions website.

**Duration:** 19 minutes

## **Anxiety Wellness Session**

Learn about anxiety and identify ways to manage and cope.

**Duration:** 1 hour, 6 minutes

## **Depression Wellness Session**

Learn about depression and identify ways to manage and cope.

**Duration:** 1 hour, 19 minutes

## **Coping with Stress**

Learn about stress and identify ways to manage and cope.

**Duration:** 1 hour, 10 minutes

## **Parenting 101**

Learn about parenting styles and strategies for parenting children and teens.

**Duration:** 1 hour, 13 minutes

## **Grief & Loss**

Learn about the natural grief and loss process and enhance coping skills.

**Duration:** 1 hour, 2 minutes

## **Harm Reduction - Substance Use**

Learn about substance use and how to reduce harms associated with use.

**Duration:** 47 minutes

## **Substance Use Wellness Session**

Learn about substance use and its impact on the individual and family, and about the recovery process.

**Duration:** 1 hour, 48 minutes

## **E-Mental Health Services**

An overview of the e-mental health services available in Newfoundland and Labrador.

**Duration:** 59 minutes

## **The Brain Story**

Learn about the impact of adverse childhood experiences.

**Duration:** 43 minutes

## **Suicide Awareness**

An introduction to suicide awareness for community members interested in learning more about suicide and suicide prevention in their communities.

**Duration:** 46 minutes

## **Binge Eating Disorder Wellness Session**

Learn what binge eating is and what contributes to and maintains this behaviour, as well as skills to help change and overcome binge eating behaviour.

**Duration:** 1 hour, 1 minute

## **Stepped Care**

Learn about Newfoundland and Labrador's innovative approach to mental health and substance use care. With three key access points, through Doorways, Bridge the gapp, and 811, individuals can access the right service, in the right place, at the right time.

**Duration:** 20 minutes