











E-Mental Health Quick Reference
















E-Mental Health is using the internet and other technologies to deliver mental health services. By using technology, expanded services can be offered to individuals, with more choice. Individuals can decide what services they would like to access and when they want to complete them. Services can be used on their own or as an adjunct to traditional therapy options, based on a person's individual needs and wants.



ONLINE PROGRAMS

Program	Description	Target Population	Access & Resources
	<p>Newfoundland and Labrador's provincial mental health and addictions website, where individuals can learn about mental health and addictions services available, use tools, and sign up for online programming.</p>	<p>Youth (13-18 years) Adults (18+ years)</p>	<p>Available in English and French, 24/7 on a computer, tablet or phone.</p> <p>https://nl.bridgethegapp.ca/</p> 
	<p>Delivers cognitive behavioural therapy for substance use disorder, for individuals who want to reduce their drinking and/or drug use to less harmful levels, or who need to stop completely because their substance use has become severe.</p> <p>Delivered as:</p> <ul style="list-style-type: none"> Self-Directed: Individuals can use the program independently or with minimal support. One-to-One Computer-Assisted Therapy: Clinicians and practitioners deliver the program as a series of sessions with the individual. Group Computer-Assisted Therapy: Clinicians and practitioners deliver the program as a structured group intervention. 	<p>16+ years</p>	<p>Available in English and French, 24/7 on computer, tablet or phone.</p> <p>Access via Bridge the gapp or at https://www.breakingfreeonline.ca/</p> 
	<p>A suite of online tools and psychoeducational sessions designed to help individuals learn about and change how they think and feel, and bounce back from setbacks.</p> <p>The platform combines the ability to access completely anonymous mental health and wellbeing psychoeducational content (TAO Self-Help), with the option to complete the program with a therapist via secure videoconferencing (TAO with a Counsellor).</p> <p>Can be delivered as:</p> <ul style="list-style-type: none"> Self-directed An adjunct to therapy, with the guidance of a coach Group delivery modality 	<p>16+</p>	<p>Available in English and French, 24/7 on computer, tablet or phone.</p> <p>Visit the website to sign up for TAO Self Help, and/or to learn how to connect with a TAO counsellor.</p> <p>Access via Bridge the gapp or at https://www.taoconnect.org/what-is-tao/nl/</p>






			
	<p>Skill-based educational programs for children, youth, adults and families seeking help to improve mental health and well-being.</p> <p>Unique distance coaching program, over the phone or internet via the SFI online secure website, in the privacy of peoples' own homes. Can be delivered either by weekly telephone support with a coach (one on one or group), or self-guided with open, drop-in group coaching support when needed.</p> <p>Programs include:</p> <ul style="list-style-type: none"> • Parents Empowering Kids (PEK): Helping caregivers of children, 3-12 years of age, learn to prevent and deal with common childhood behavioural problems (i.e; not listening, temper outbursts, etc). • Chase Worries Away: Educating parents and children, ages 6-11, about anxiety, and guiding them as they learn relaxation and coping skills needed to face worry in real life. • Defeat Anxiety: Helping youth, ages 12-17, learn skills to overcome, control, and gradually face their anxiety. • Dry Nights Ahead: Designed to help children ages 5-12 overcome nighttime bedwetting with the use of a urine alarm, reward system, and weekly telephone support from a coach. • ICAN Program: Helping adults 18+ to learn skills to control, face and deal with emotions (anxiety and depression) to overcome and manage major life stressors. 	<p>Children/Youth Programs 3-17 years</p> <p>Adult Programs 18+ years</p>	<p>Available in English and French, 24/7 on a computer, tablet or phone.</p> <p>Providers can refer, or individuals can self-refer, via the online referral form on the Strongest Families Institute and Bridge the gapp websites, or by calling SFI directly at 1-866-470-7111.</p> <p>Access via Bridge the gapp or at https://strongestfamilies.com/</p> <p>Resources: https://www.youtube.com/channel/UCr3eqHbJUVqLw1s9kogMPQ</p> 
<p>CheckItOutNL.ca</p>	<p>Offers a suite of online self-assessment screening tools focused on the early identification of issues, customized with links to local resources in each health region of the province.</p> <p>Each tool take only a few minutes to complete, is anonymous, and provides immediate feedback, with results that can be printed and provided to health professionals.</p> <p>Screenings are available for: alcohol use, gambling, depression, generalized anxiety, posttraumatic stress, substance use, bipolar, anger, disordered eating, opioid misuse, psychosis, well-being, as well as a wide range screen covering many mental health concerns.</p>	<p>18+ years</p>	<p>Available 24/7 on computer, tablet or phone.</p> <p>Access via Bridge the gapp or at https://screening.mentalhealthscreening.org/western-health</p> <p>Resources: https://youtu.be/IV_5n5JHPfo https://youtu.be/M7zo_Br2mrY</p> 
	<p>Provides mindfulness-based e-mental health tools shown to increase resilience, lower stress, and improve performance.</p>	<p>13+ years</p>	<p>Available in English and French, 24/7 on computer, tablet or phone.</p>










	<p>Features include:</p> <ul style="list-style-type: none"> • Take 5 Training: Evidence-based training to enhance daily life by reducing stress and improving resilience. • Live Classes or 4-week programs with leading experts on a variety of topics, such as exercise, mediation, and healthy cooking. • Video Library of on-demand webinar sessions. Individuals can take a class on their own schedule. • Resources for specific groups, such as 4-week programs for leaders and healthcare workers. 		<p>Access via Bridge the gapp or at https://app.mindwellu.com/newfoundland</p> <p>Resources: Take 5 with MindWell</p> 
	<p>Helps youth create healthier connections with themselves and others, learn coping strategies and techniques to manage stress and build resilience, and develop greater awareness of the connection between thoughts and behaviour.</p> <p>Delivered as:</p> <ul style="list-style-type: none"> • A self-managed, interactive treatment • Part of a peer support network • With a practitioner in the role of coach • As a tool for a professionally-led therapy group • An adjunct to traditional counselling 	<p>13-24 years</p>	<p>Available in English and French, 24/7 on computer, tablet or phone.</p> <p>Access via Bridge the gapp or at https://app.breathingroom.me</p> 
	<p>Created by Lifewise, a provincial organization created by and for individuals living with mental health and addictions issues, to support people throughout all stages of their mental health journey by sending out inspiring words each day for one month to encourage people to continue the work that they are doing on their mental health.</p>	<p>16+</p>	<p>Daily messages via email on computer, tablet or phone.</p> <p>Access via Bridge the gapp or at https://lifewisnl.ca/messages-of-hope/</p> 
	<p>Designed for youth and adults living with pain, family members, caregivers, and healthcare providers by providing free, evidence-based resources and support so individuals living with chronic pain can feel empowered.</p> <p>Learn about:</p> <ul style="list-style-type: none"> • Pain and pain management • Watch videos • Listen to podcasts • Take self-directed courses • Connect with peers • Access one-on-one counselling by text, telephone or video <p>Almost all of the resources in the portal can be explored without an account, with the exception of The Pain Course. Registering, however, will</p>	<p>Youth & Adults</p>	<p>Available in English and French, 24/7 on computer, tablet or phone.</p> <p>Access via Bridge the gapp or at https://poweroverpain.ca/</p> 


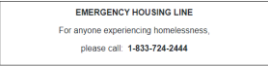










	<p>allow users to complete assessments, track symptoms and progress over time, and determine which program(s) to use.</p>		
	<p>Online groups providing a supportive place for individuals with a common experience to help and learn from each other. All groups listed are free and support a variety of needs.</p> <p>Information is available for:</p> <ul style="list-style-type: none"> • Alcoholics Anonymous • Canadian Mental Health Association • Lifewise • Narcotics Anonymous • Smokers' Helpline 	18+	<p>Contact the specific group for times available.</p> <p>Access groups listing via Bridge the gapp</p> 
	<p>Offers free training for people to learn about the brain in an in-depth manner, addressing many topics about how adverse childhood experiences impact brain development and can increase the risk for mental health and addictions and other concerns.</p> <p>The course is broken down into 20 hour long modules, which consist of mini video lectures, and excerpts to read containing other relevant content. At the end of every module, there is a short quiz that will help participants remember and assess what they have learned.</p> <p>The Brain Story is intended to be interesting and easy to understand for anyone who would like to learn about the brain, its development, and the long-term consequences on a person's health.</p>	18+	<p>Available in English and French, 24/7 on computer, tablet or phone.</p> <p>Access via Bridge the gapp or at https://www.albertafamilywellness.org/what-we-know/the-brain-story</p> 
	<p>An accessible and completely free virtual Recovery College offering interactive courses that empower individuals to take control of their mental health and well-being.</p> <p>Courses offered by Well Central include:</p> <ul style="list-style-type: none"> • Well-Being Course • Recovery 101 • Overcoming Loneliness & Isolation • Developing Self Compassion 	18+	<p>Available in English and French, 24/7 on computer, tablet or phone.</p> <p>Access via Bridge the gapp or at https://wellcentral.ca/</p> 









	<p>A series of videos providing quality information and skill building about various mental wellness and substance use topics.</p> <p>Webinars available include:</p> <ul style="list-style-type: none"> • Anxiety Wellness Session • Depression Wellness Session • Coping with Stress • Parenting 101 • Grief & Loss • Harm Reduction: Substance Use • Substance Use Wellness Session • The Brain Story • Suicide Awareness • Binge Eating Disorder Wellness Session <p>There are also videos available that provide information about e-mental health, Bridge the gap website navigation, and Newfoundland and Labrador's Stepped Care Model.</p>	<p>Youth & Adults</p>	<p>Available in English and French, 24/7 on computer, tablet or phone.</p> <p>Access via Bridge the gap</p> 
--	---	---------------------------	---

HELP INFORMATION LINES

Service	Description	Target Population	Access
	<p>Confidential information and referral service connecting Newfoundlanders and Labradorians to essential human, social, community, and government supports.</p> <p> 211</p>	<p>All</p>	<p>Available in 170 languages Telephone: Dial 211 Text: Not Available Online Chat: Not Available Website: https://nl.211.ca/ Hours: 24/7</p> 
	<p>Confidential, free helpline staffed by registered nurses who can answer questions about health-related topics, and provide mental health and addictions support, including gambling support and crisis response.</p> <p> Dial 811</p>	<p>All</p>	<p>English and French Sign Language Support: Available using the SRV Canada Video Relay Service. Individuals will need to sign up for the VRS service at https://srvcanadavrs.ca/en/ and download the app. When calling 811 using the VRS service, users must provide VRS the number 1-888-834-1252 to connect with 811. Telephone: Dial 811 Text: Available for use by deaf or hard-of-hearing callers and persons with communication difficulties. To text with 811, individuals will need to download the 811 NL HealthLine app.</p>

			<p>Online Chat: Not Available Website: https://www.811healthline.ca/ Hours: 24/7</p> 
	<p>Anonymous and confidential non-emergency, non-crisis telephone, support and referral service, which also assists individuals with navigating Bridgethegapp.ca, including how to register for free, online programs and services.</p> <p> (EN) 1-855-753-2560, (FR) 1-833-753-5460</p>	<p>16+</p>	<p>English and French Telephone: (EN) 1-855-753-2560, (FR) 1-833-753-5460 Text: Not Available Online Chat: Not Available Website: https://lifewisenl.ca/ Hours: Daily, 10:00 a.m.-12:00 a.m. (Midnight)</p> 
	<p>Free, confidential, high-quality text-based mental health support and crisis intervention provided by a community of trained volunteers to support people in their moments of need.</p> <p> Text 'HOME' to 741741</p>	<p>All</p>	<p>English and Spanish Telephone: Not Available Text: Text 'HOME' to 741741 Online Chat: Users will need to download the WhatsApp app to chat online. When downloaded, to begin a chat, message 443-SUP-PORT. Website: https://www.crisistextline.org/ Hours: 24/7</p> 
 <p>Domestic Violence Help Line</p>	<p>Helpline providing immediate, province-wide connection with trained professionals who will connect callers with appropriate services and organizations in the community, such as transition homes in the area, and medical or policing services, as required.</p> <p> 1-888-709-7090</p>	<p>All</p>	<p>Telephone: 1-888-709-7090 Text: Not Available Online Chat: Not Available Website: https://www.gov.nl.ca/vpi/domestic-violence-help-line/ Hours: 24/7</p>

			
 <p>EMERGENCY HOUSING LINE For anyone experiencing homelessness, please call: 1-833-724-2444</p> <p>Emergency Housing Line</p>	<p>A service of the Newfoundland and Labrador Housing Corporation, available to anyone experiencing homelessness.</p> <p> 1-833-724-2444</p>	All	<p>Telephone: 1-833-724-2444 Text: Not Available Online Chat: Not Available Website: https://www.nlhc.nl.ca/contact/contact-nlhc/ Hours: 24/7</p> 
<p>Hope for Wellness Helpline</p>	<p>A national helpline offering immediate mental health counselling and crisis intervention to all Indigenous people across Canada.</p> <p> 1-855-242-3310</p>	All	<p>Telephone: 1-855-242-3310 (telephone service available in English, French, Cree, Ojibway, and Inuktitut) Text: Not Available Online Chat: Via <i>Chat Online</i> or <i>Chat Now</i> on the website. Available in English and French. Website: https://www.hopeforwellness.ca/ Hours: 24/7</p> 
	<p>Canada's only 365/24/7 e-mental health service offering free, confidential support to young people in English and French.</p> <p> 1-800-668-6868</p> <p> Text 'CONNECT' to 686868</p>	Children/Youth	<p>English and French Telephone: 1-800-668-6868 Text: Text 'CONNECT' to 686868 Online Chat: Click 'Tap to Chat' on the website Message: Via Facebook Messenger app Website: https://kidshelpphone.ca/ Hours: 24/7</p> 
	<p>A free, confidential service providing information, resources, support and motivational counselling for individuals working towards reducing their tobacco use or to become smoke free.</p> <p> 1-800-363-5864</p>	All	<p>Telephone: 1-800-363-5864 Text: (709) 700-7002 Online Chat: Via <i>Chat with us</i> on the website, as per the hours noted below. Website: www.smokershelp.net</p>

			<p>Hours: Monday-Thursday, 9:00 a.m.-9:00 p.m. Friday, 9:00 a.m.-5:00 p.m.</p> 
 <p>Provincial Mental Health & Addictions Systems Navigator</p>	<p>Service for individuals seeking assistance with navigating the provincial mental health and addictions system.</p> <p> 1-877-999-7589</p>	All	<p>Telephone: 1-877-999-7589 Video Relay Service calls welcome Text: Not Available Online Chat: Not Available Website: Not Available Hours: Monday-Friday, 8:30 a.m.-4:30 p.m.</p> 
 <p>Support and Information Line</p>	<p>Provincial helpline providing callers with confidential, nonjudgmental, empathetic, crisis or non-crisis support and information regarding issues related to sexual violence.</p> <p> 1-800-726-2743</p>	All	<p>Telephone: 1-800-726-2743 Text: Not Available Online Chat: Click chat pop up on website (bottom right corner) Website: https://endsexualviolence.com/ Hours: 24/7</p> 
<p>Provincial Opioid Dependence Treatment (ODT) Phone Line</p>	<p>Helpline for individuals and family members seeking information and support related to opiate use, assistance with system navigation and connection to services. Also available for health care professionals seeking consultation.</p> <p> 1-844-752-3588</p>	All	<p>Telephone: 1-844-752-3588 Video Relay Service calls welcome Text: Not Available Online Chat: Not Available Website: https://www.gov.nl.ca/hcs/mentalhealth-committee/mentalhealth/opioids-and-naloxone/ Hours: Monday-Friday, 8:30 a.m.-4:30 p.m.</p> 