

Want to increase resilience, lower stress and improve your performance?

Try MindWell!

It's free, accessible 24/7, and takes only 5-10 minutes a day.



Use mindfulness-based e-mental health tools to learn simple and effective ways to decrease stress, minimize burnout, improve focus, and perform and feel your best, no matter what's happening in the world around you.



Learn more at nl.bridgethegapp.ca 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 bridgethegapp@gov.nl.ca

Bridge **the** gapp