



A digital platform of tools and educational materials to help you understand and change your thought patterns and help in key areas of your life.

Deal with mental health concerns on your own time, at your own pace, in total privacy. TAO is free, confidential, and accessible 24/7 from any device.



To learn more, visit [nl.bridgethegapp.ca](https://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)