

DID YOU KNOW...



E-mental health services are **EVIDENCE-BASED**, as **EFFECTIVE** as in-person counselling, and can be the **BEST TREATMENT OPTION** for some individuals. For common mental health concerns, including depression, anxiety and stress, people are often able to get the information and help they need with an e-mental health program.

ANYONE can recommend e-mental health services to individuals. A referral to Mental Health & Addictions is not required.

E-mental health services are not designed or intended to replace in-person services, if they are needed or preferred. They do, however, provide more options and enhance access to services when and where they are needed.

EMPOWERS INDIVIDUALS TO BECOME MORE KNOWLEDGEABLE ABOUT THEIR MENTAL HEALTH AND INCREASES THEIR ABILITY TO ARTICULATE THEIR NEEDS

ALLOWS INDIVIDUALS TO HAVE MORE ACCESS TO, AND OWNERSHIP OF, THEIR HEALTH INFORMATION

NEARLY EVERY CANADIAN IS ONLINE, AND MOST ARE ACTIVE USERS OF SMARTPHONES, LAPTOPS, TABLETS, OR OTHER MOBILE ELECTRONIC DEVICES

DECREASES WORKLOAD FOR PROVIDERS

E-MENTAL HEALTH SERVICES.....

SUPPORTS AND ENHANCES CURRENT CARE

CAN BE JUST AS EFFECTIVE FOR SCREENING AND TREATING SOME MENTAL HEALTH PROBLEMS AS FACE-TO-FACE SERVICES

INCREASES THE NUMBER OF INDIVIDUALS RECEIVING CARE, IMPROVES THE QUALITY OF CARE DELIVERED, AND REDUCES THE COST OF CARE

PROVIDES ANOTHER WAY TO ACCESS POPULATIONS THAT CAN BE CHALLENGING TO REACH, INCLUDING YOUTH AND THOSE LIVING IN REMOTE/RURAL AREAS

Bridge **the** gapp

ACCESSIBLE ANYWHERE, ANYTIME
NO WAITLIST/ NO WAIT TIME
REDUCES STIGMA





- For those who want to reduce their drinking and drug use to less harmful levels, or want to stop completely.
- Individuals can use the program on their own, or with the support of a clinician.
- Ages 16+
- English and French
- To learn more, visit <https://nl.bridgethegapp.ca/adult/online-programs/> or scan the code.



- For those who want to learn coping strategies and techniques to manage stress and build resilience, and develop greater awareness of the connection between thoughts and behaviour.
- Individuals can use the program on their own.
- Ages 13-24
- English and French
- To learn more, visit <https://nl.bridgethegapp.ca/youth/online-programs/>, or scan the code.



- Online self-assessment screening tools that can help to identify issues early, and provides links to local resources in each health zone of the province.
- Individuals can use the program on their own.
- Ages 18+
- To learn more, visit <https://nl.bridgethegapp.ca/adult/online-programs/>, or scan the code.



- For those who want to learn how to increase resilience, lower stress, and improve performance.
- Individuals can use the program on their own.
- Ages 13+
- English and French
- To learn more, visit <https://nl.bridgethegapp.ca/adult/online-programs/>, or scan the code.



- Skill-based educational programs for children, youth, adults and families seeking help to improve mental health and well-being. Helps with behavioural problems, anxiety, and depression.
- Unique distance coaching program, over the phone or internet.
- Children: 3-17 years; Adults 18+
- To learn more, visit <https://nl.bridgethegapp.ca/adult/online-programs/>, or scan the code.



- For those who want to learn about and change how they think and feel, and bounce back from setbacks faster.
- Individuals can use the program on their own, or with the support of a clinician.
- Ages 16+
- English and French
- To learn more, visit <https://nl.bridgethegapp.ca/adult/online-programs/>, or scan the code.