








Frequently Asked Questions


-  **What is CheckItOutNL.ca?**


CheckItOutNL.ca is a program that focuses on the early identification of issues, using self-screening tools customized with links to local resources in each health zone of the province. There are screening tools available to assess alcohol use, bipolar, gambling, depression, disordered eating, anxiety, opioid use, psychosis, post-traumatic stress, substance use, anger, well-being, as well as a wide range screening for individuals who are not sure where to start.
-  **Who is CheckItOutNL.ca for?**


CheckItOutNL.ca is for adults 18+ concerned about their own or a loved one's mental health or substance use.
-  **Is there a cost to use CheckItOutNL.ca?**


CheckItOutNL.ca is free to residents of Newfoundland and Labrador.
-  **How do I access CheckItOutNL.ca?**

CheckItOutNL.ca is accessible through the public URL www.CheckItOutNL.ca or from the Online Programs tab on [Bridge the gapp](#).
-  **When is CheckItOutNL.ca available?**

CheckItOutNL.ca is available 24 hours a day, seven days a week, by computer, tablet or phone.
-  **Is CheckItOutNL.ca confidential?**

CheckItOutNL.ca is 100% confidential. The program does not collect any information about you that allows you to be identified. Only basic demographic information about each user, such as their age, gender and marital status is collected.
-  **Does CheckItOutNL.ca replace in-person interactions and care?**

CheckItOutNL.ca is not meant to replace in-person services, if they are needed or preferred. Completing these screenings may help you to determine if your recent thoughts or behaviors may be associated with a common, treatable mental health issue.
-  **Can I use CheckItOutNL.ca if I am in distress or experiencing an emergency?**

It is important that if you are in distress or experiencing an emergency, you contact emergency health and/or police services by calling 9-1-1. If you are experiencing a mental health or addictions crisis, you can contact the 811 HealthLine by dialing 8-1-1. In situations like these, a health professional is best to help.
-  **If I experience issues with the website or would like to provide feedback about the program, who can I contact?**

You can email the Provincial E-Mental Health Team at bridgethegapp@gov.nl.ca.