CheckIt☑OutNL.ca

Free online mental health and substance use self-screening program for adults 18+ that focuses on the early identification of issues and connects individuals to supports and services.

Take the important first step.
Online self-screening tools, anytime, anywhere.

Bridge the gapp

www.CheckItOutNL.ca

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)