

E-MENTAL HEALTH HIGHLIGHT

MARCH 25, 2024

Online Program - Provincial Mental Health Groups



Bridge the gapp

nl.bridgethegapp.ca



The **Online Programs** tab on both the Adult and Youth pages of **Bridge the gapp** provide information about and access to free programs available to residents of Newfoundland and Labrador.

Provincial Mental Health Groups, offered virtually in Newfoundland and Labrador for individuals 18+, address a wide variety of mental health and addictions issues. They are facilitated by local clinicians within the province, and new groups are being developed on an ongoing basis.

A Provincial Mental Health Groups Coordinator collaborates and coordinates with Mental Health & Addictions staff to create and provide these groups. The goal is to standardize group therapy so that no matter where the person attending a group is located, they receive the same information and support, based on best practices and up to date knowledge.

Is group therapy
right for me?

Click the image below
and watch the linked
video to learn more.



GROUP THERAPY

Preparing you for your group therapy experience

Wonder what it is like to attend a group for your mental health?

Do you question if a group can help you?

Watch the video to learn what to expect when attending a group for mental health treatment. It will answer many of the common questions people ask, and may help to alleviate some of the natural worries you might have. Groups can be very effective and rewarding, even having some benefits one cannot get in individual therapy.

CURRENT GROUPS

- Anxiety Treatment Group
- Gender Journeys
- Mental Health Skills and Recovery Group
- Depression Treatment Group
- Mindfulness Based Class for Chronic Pain
- Provincial Mental Health Drop-In Group

LEARN MORE



VISIT OUR
WEBSITE

nl.bridgethegapp.ca
Online Programs,
or scan the code



For more information or to register, email nlgroups@nlhealthservices.ca. If your email is concerning a specific group, please indicate the group name in the email subject line.

FREE
WEBINAR

Join Us

Provincial Mental Health
Groups Webinar
Tuesday, April 9

REGISTER NOW

11:00 AM - 12:00 PM NST
10:30 AM - 11:30 AM AST