

E-Mental Health

E-MENTAL HEALTH HIGHLIGHT

30 September 2024



eMental Health

is mental health services and information delivered or enhanced through the use of the Internet and digital technology (MHCC).

E-mental health options are not designed, nor intended, to replace in-person services if they are needed or preferred. Instead, they offer an alternative to meet people where they are in their wellness journey, and allow them to have control over how, and when, to access information and support. E-mental health choices have been shown to be as effective as face-to-face treatment.

Why E-Mental Health?

- Provides evidence-based services and support
- Gives greater choice and control over preferred service options
- Promotes wellness and early intervention
- Improves access with little to no wait time
- Brings the service to the person
- Offers services 24/7
- Allows for the continuation of services when in-person services are interrupted

E-Mental Health Technologies Include

- Telephone/Hotlines
- Video-conferencing
- Internet/Websites
- Mobile Devices (apps, texting)
- Online Self-help Tools & Groups
- Home Monitoring Devices
- Wearables (Fitbit, Apple Watch)
- Gaming & Robotics
- Social Media (Facebook, Instagram)



**MORE OPTIONS
WHERE AND
WHEN YOU NEED
THEM**

E-Mental Health Tools Available to NL Residents at No Cost

Online Programs

- Breaking Free
- BreathingRoom™
- CheckItOutNL
- Mindwell U
- Power Over Pain Portal
- Smokers' Helpline
- Strongest Families
- Support Groups
- Therapy Assistance Online
- Well Central
- Wellness Webinar Series

Helplines

- 811 HealthLine
- Provincial Lifewise Warmline
- Provincial Mental Health & Addictions Systems Navigator
- Kids Help Phone
- Crisis Text Line
- First Nations & Inuit Hope for Wellness Help Line



To Learn More

Visit
nl.bridgethegapp.ca

Bridge the gapp

or scan the code