

Newfoundland and Labrador Mental Health and Addictions App Library



What is an App Library?

An app library is a collection of apps all in one place. Instead of searching and guessing which apps might work for you, the Newfoundland and Labrador Mental Health and Addictions App Library provides you with collections of apps that are safe, reviewed by experts, and backed by science to support mental health and addictions challenges.

Benefits of Using Apps in the App Library

- Available 24/7
- Quick and easy to access supports
- Options for all ages
- Most apps are free or have free options
- Over 150 safe and trusted apps
- Evidence-based / backed by science
- Variety of topics
- Designed for Newfoundland and Labrador

Categories

Mental Health Apps: Apps that promote mental health and overall well-being. Find tools to help manage stress, anxiety, and more.

Substance Use and Addictions Apps: Apps that promote substance use health and provide addictions support.

Browse All Apps: Access all mental health, substance use health, and wellness apps by topic or by using the search bar. Topics include: addictions, anxiety, mental well-being, panic attacks, PTSD, stress, and suicide prevention.

LEARN MORE:
Visit the App
Library through
Bridge the gapp!

Visit
nl.bridgethegapp.ca/adult/toolbox/tools/app-library

Bridge  the gapp

or scan the code

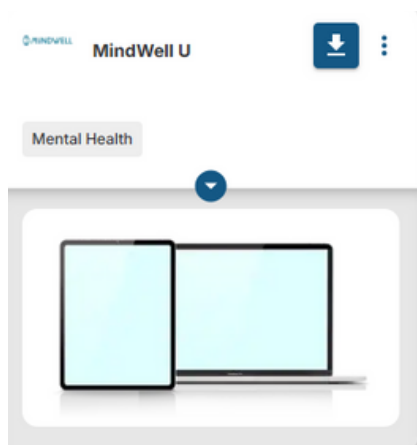



**Newfoundland
&
Labrador**

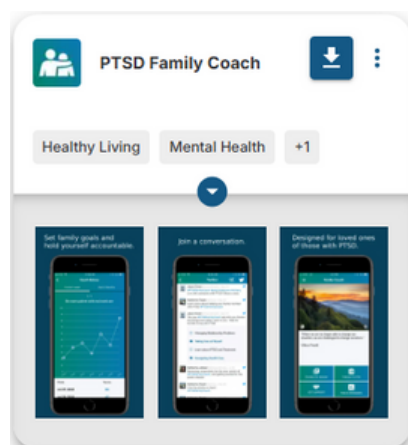
How Were Apps Assessed?

All apps in the library are safe and evidence-based and have passed The ORCHA Baseline Review. This review is a global report card for apps to ensure they are safe, secure, and supported by research. Some apps that have passed the Baseline Review have also completed the MHCC Framework for Mental Health Apps, which includes extra categories specific to Canadians.

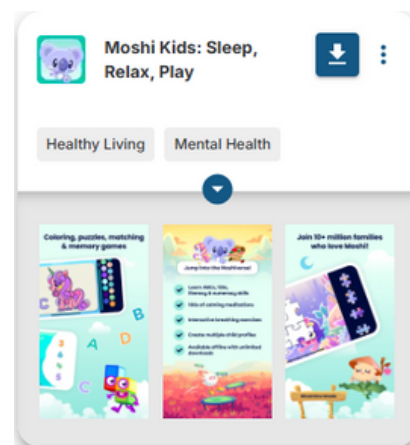
Apps That Passed The MHCC Framework for Mental Health Apps



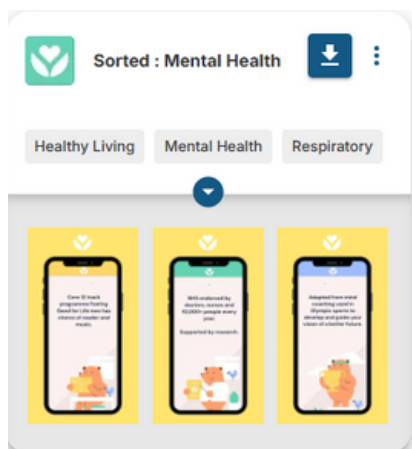
MindWell



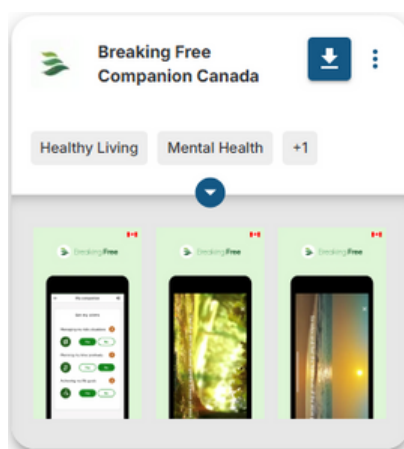
PTSD Family Coach



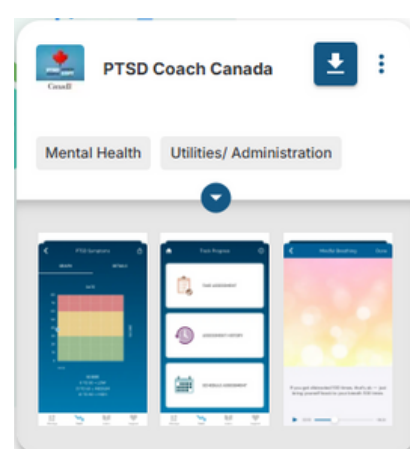
Moshi Kids: Sleep, Relax, Play



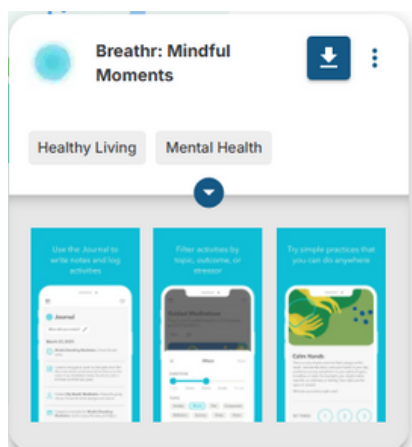
Sorted: Mental Health



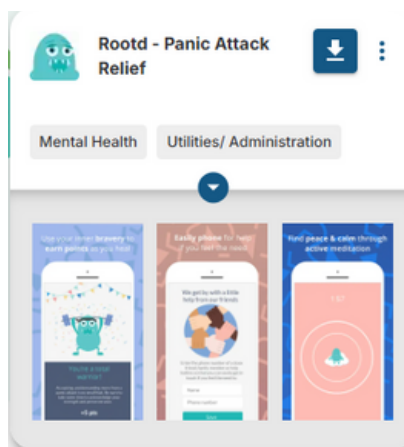
Breaking Free Companion Canada



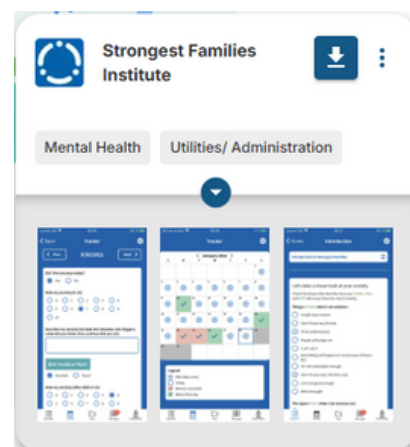
PTSD Coach Canada



Breathr: Mindful Moments



Rootd - Panic Attack Relief



Strongest Families Institute