

Experiencing mental health or substance use issues?

Programs
24/7

Confidential
and free

Little
to no
wait time

Programs
designed
for you

You are not alone

BreathingRoom™: an online, self-management program to help people, aged 13-24, manage stress, anxiety and depression. No referral needed.

The **30-Day Mindfulness Challenge:** an online, 5-10 minute daily challenge to improve mood, performance, and reduce stress.

I CAN (Conquer Anxiety and Nervousness): a phone/online-based coaching program to help people, aged 18-30, overcome anxiety and cope with major life stressors.

Strongest Families: a phone/online-based coaching program for children, youth and their families with behavioural concerns, anxiety issues or bedwetting.

Therapy Assistance Online (TAO): a program, for people aged 16 years and over, that combines education materials with brief counselling by phone, online chat or video conferencing to improve health and wellness. Available in English and French.

These programs are free and confidential.

For more information, visit bridgethegapp.ca

Bridge the gapp