

Bridge the gapp

Connecting people to mental health and substance use supports and services when they need it most.

NB.BRIDGETHEGAPP.CA

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An online home where users can browse mental health and substance use resources and information to select what best meets their needs. It is an eMental Health resource co-designed by people with lived experience of mental health and addictions challenges alongside community and government partners.

Features and programs



National, regional, and local library of programs and supports



Library of information on mental health, wellness, and substance use



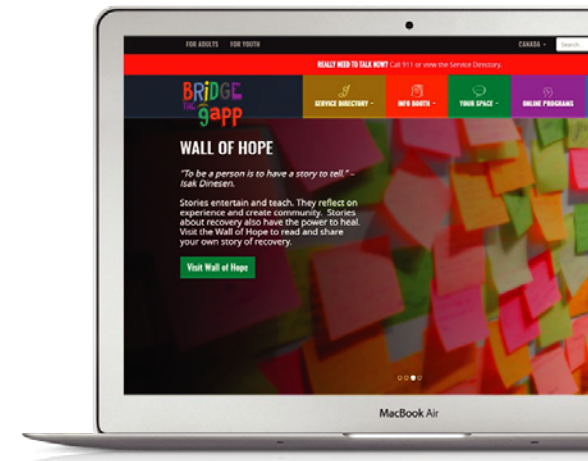
Dedicated space for peer support and sharing experiences

INDIVIDUALS CAN

- Sign-up for online programming procured by the province or territory
- Connect with healthcare providers and peer supporters virtually
- Use engaging tools
- Find services in their region, and share personal stories of recovery and hope with others—anytime, anywhere.

A RESOURCE FOR ALL

In 2020, Bridge the gapp was made available to all provinces, territories, and Indigenous governments, connecting more Canadians to vital national, regional, and local mental health and substance use supports and resources.



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WALL OF HOPE

A place to share inspiring quotes and stories and read about the lived experiences of others.

COPING TIPS

A place to share tried, tested, and true tips for coping with mental health and improving overall wellness.

ART ROOM

A place to creatively express your thoughts and view a gallery of peer submitted artwork.

A focus on lived experiences

A few of the online resources at your fingertips

BOUNCEBACK®

Reclaim your health is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.

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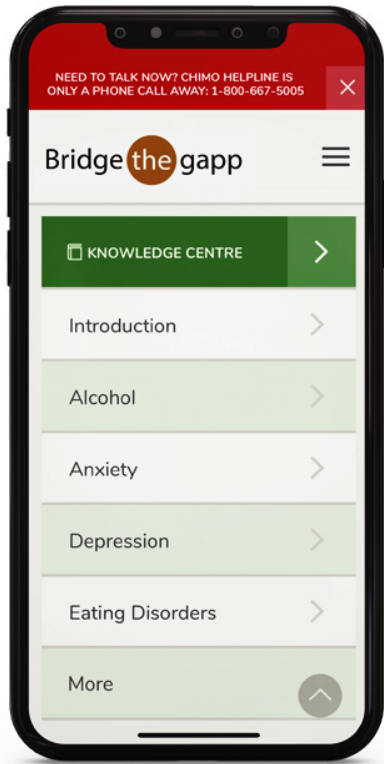
211 is an information helpline available by phone that helps New Brunswick residents navigate the complex network of government, health, community and social services quickly and easily, 24 hours a day, 365 days a year, with interpretation in 170 languages.

STRONGEST FAMILIES PROGRAM

Telephone and/or online program for youth ages 3-17 and their families who are experiencing behavioural or mental health problems.

WELLNESSTOGETHER CANADA

People are being challenged like never before due to isolation, physical health concerns, substance use concerns, financial and employment uncertainty, and the emotional dialogue around racial equality. Wellness Together Canada allows you to choose from a variety of resources to motivate and support your wellness journey.



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Bridge the gapp is a customizable storefront to connect people in your region to mental health and substance use supports.

