

E-MENTAL HEALTH HIGHLIGHT

JUNE 5, 2023

Online Program - MindWell

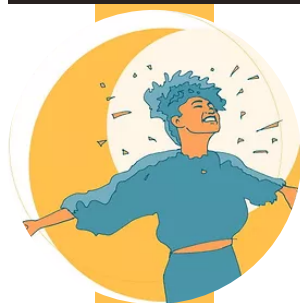
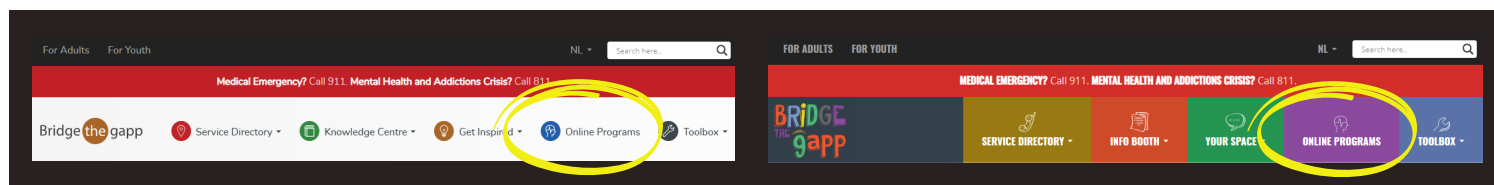


Bridge the gapp

www.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.



MindWell is one of the free, online programs on Bridge the gapp. It's for individuals 13+, and is available in English and French.

MindWell provides mindfulness-based e-mental health tools to learn simple and effective ways to decrease stress, minimize burnout, improve focus, and perform and feel your best, no matter what's happening in the world around you.

MINDWELL FEATURES

TRAINING

Evidence based **training** to improve daily life by reducing stress, improving resilience, and more. Earn a certificate to add to your resume.

LIVE CLASSES

Join a **live class** or 4-week program with leading experts on a variety of topics. New classes and themes each month.

VIDEO LIBRARY

Take a class on your own or learn how to tackle almost any life situation by watching leading experts inside the on-demand **library**.

MINDWELL TRAINING



Take 5 Daily - Daily learning and habits to decrease stress and feel your best every day - no matter what life throws at you.

MindWell for Leaders - Designed for leaders by leaders to help current and aspiring leaders to build resilience to bounce back quickly, feel confident leading in the modern workplace and improve engagement and productivity in their teams.

MindWell for Healthcare Workers - A 4-week program designed by healthcare workers for healthcare workers to help you feel confident, capable and calm amidst chaos, build resilience to bounce back quickly and improve overall well-being.