

CMHA Mental Health Week

MAY 1-7

- Individuals, groups and organizations are encouraged to share their stories during Mental Health Week using the hashtags #MyStory and #MentalHealthWeek.
- Shine a light on your personal journey, a program you offer, or showcase how your community supports the mental health of others.
- During Mental Health Week, the Provincial E-Mental Health Team will be highlighting e-mental health and the free programs and services offered on Bridge the gapp with a week long webinar event. Check out the schedule below!

FREE E-MENTAL HEALTH WEBINARS

FOR EVERY WEBINAR YOU ATTEND, YOUR NAME WILL BE ENTERED FOR A \$25 GIFT CARD DRAW!

8 WEBINARS -
8 CHANCES
TO WIN!

Supporting Mental Wellness with E-Health Technology

Learn about the e-mental health programs and services available in Newfoundland and Labrador, and how they are delivered and supported using e-health technology. Register to learn more!

Date: Monday, May 1

Time: 11:00-12:00 NDT

Registration Link:

<https://attendee.gotowebinar.com/register/5682651456070681685>

MindWell

MindWell is an online program that 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. Register to learn more!

Date: Monday, May 1

Time: 3:00-4:00 NDT

Registration Link:

<https://attendee.gotowebinar.com/register/6386608278196135509>

BreathingRoom™

For individuals ages 13-24, BreathingRoom™ is an online self-management program that provides ways to manage stress, anxiety and depression. Register to learn more!

Date: Tuesday, May 2

Time: 1:30-2:30 NDT

Registration Link:

<https://attendee.gotowebinar.com/register/3277696269706024287>

Breaking Free

Breaking Free Online is a self-help program, for ages 16 and older, proven to be effective at helping individuals cut down on their drinking or substance use, or to quit completely. Register to learn more!

Date: Wednesday, May 3

Time: 11:00-12:00 NDT

Registration Link:

<https://attendee.gotowebinar.com/register/8846886491624013909>

Power Over Pain Portal

The Power Over Pain Portal provides free resources and support to individuals 18+ helping them to get power over their pain. Register to learn more!

Date: Wednesday, May 3

Time: 1:30 - 2:30 NDT

Registration Link:

<https://attendee.gotowebinar.com/register/1110871113082317659>

CheckItOutNL

For individuals 18+, CheckItOutNL is a set of self-screening assessments that focus on the early identification of issues, customized with links to local resources in each health region of the province. Register to learn more!

Date: Thursday, May 4

Time: 11:00-12:00 NDT

Registration Link:

<https://attendee.gotowebinar.com/register/7006293031616706143>

Therapy Assistance Online (TAO)

Therapy Assistance Online (TAO), for individuals 16+, is a suite of online tools, including interactive education modules and practice tools, to help individuals understand and manage how they feel, think, and act. Register to learn more!

Date: Thursday, May 4

Time: 3:00-4:00 NDT

Registration Link:

<https://attendee.gotowebinar.com/register/8648403752089527135>

Strongest Families Institute

Strongest Families Institute is an award-winning charity providing skill-based educational programs to children, youth, adults, and families seeking help to improve their mental health and well-being. Register to learn more!

Date: Friday, May 5

Time: 11:00-12:00 NDT

Registration Link:

<https://attendee.gotowebinar.com/register/7697894641598675289>