

**Nation-wide Mental Wellness Resources  
Choral Canada Webinar: Holding Space  
April 21, 2023**

Crisis Resources

**Canada**

Mental Health Helpline – 24/7

- 1-877-303-2642

Crisis Services Canada

- 1-833-456-4566
- Text45645 or talksuicide.ca

Hope for Wellness Help Line: Offers mental health counselling and crisis intervention to all Indigenous peoples across Canada

- 1-855-242-3310

National Indian Residential School Crisis line

- 1-866-925-4419

Crisis Text line

- Text CONNECT to 741741

Kid's Help Phone

- 1-800-668-6868
- Text CONNECT to 686868

Children's Mental Health Mobile Response Team (MRT)

- 780-427-4491

Together All: Online chat community to support mental wellness

- [www.togetherall.com](http://www.togetherall.com)

Youth Space: Online chat for individuals in crisis or needing emotional support

- [www.youthspace.ca](http://www.youthspace.ca)

**Newfoundland**

811 HealthLine: Call 811

Eastern Health Support

- <https://mha.easternhealth.ca/help-over-the-phone>

**Nova Scotia**

Provincial Mental Health and Addictions Crisis Line

- 902-429-8167 or 1-888-429-8167

Provincial Health Support

- <https://novascotia.ca/mental-health-and-wellbeing>

### **Prince Edward Island**

Mental Health and Addictions Support Line

- 1-833-553-6983

### **New Brunswick**

Chimo Helpline

- 1-800-667-5005

### **Quebec**

Suicide prevention and help line

- 1-866-APPELLE (277-3553)

Info-social: dial 811

### **Ontario**

Canadian Mental Health Association Ontario

<https://ontario.cmha.ca/provincial-mental-health-supports/>

Connex Ontario

- 1-866 -531-2600 or [www.connexontario.ca](http://www.connexontario.ca)

Distress and Crisis Ontario

- <http://www.dcontario.org>

Good 2 Talk Helpline: 24/7 helpline for post-secondary students

- 1-866-925-5454 or text GOOD2TALKON to 686868

LGBT Youthline Ontario

- 647-694-4275
- <https://www.youthline.ca>

### **Manitoba**

Klinik Crisis Line

- 204-786-8686 or 1-888-322-3019

Manitoba Suicide and Prevention Help Line

- 1-877-435-7170 (1-877-HELP170)

### **Saskatchewan**

HealthLine 811: Dial 811

Regina Mobile Crisis Services

- 306-757-0127 (Crisis Line)

Saskatoon Crisis Intervention Services

- (306) 933-6200

### **Alberta**

Distress Line Edmonton and area

- 780-482-4357

Distress Centre Calgary and area

- 403-266-4357

Rural Distress Line

- 1-800-232-7288

### **British Columbia**

Crisis Centre

- 1-800-784-2433

Mental health support line

- 310-6789

### **Yukon**

Distress and Support Line

- 844-533-3030

### **Northwest Territories**

NWT Helpline

- 1-800-661-0844

### **Nunavut**

Kamatsiaqtut Nunavut Helpline

- 1-800-265-3333 or 867-979-3333

## **Music Wellness Resources: Books, Apps, and more**

### **Books**

Cornett, V. (2019). *The mindful musician*. Oxford University Press.

Nagoski, E., & Nagoski, A. (2019). *Burnout: The secret to unlocking the stress cycle*. Ballantine Books.

Nestor, J. (2020). *Breath: The new science of a lost art*. Riverhead Books.

Swinson, R. P. & Antony, M. M. (2009). *When perfect isn't good enough*. New Harbinger Publications.

### **Apps**

What's up - a great app with info and tools for processing thoughts and emotions

Mindshift - an app a little more specific to anxiety:  
<https://www.anxietycanada.com/resources/mindshift-cbt/>

Self-help for anxiety management (SAM)

Follow: @outsidethescore on Instagram and Facebook - stories on mental wellness for musicians

### **Websites**

Wellness Together Canada: Free virtual mental health and substance use supports

- <https://www.wellnesstogether.ca/en-CA>