

**Music Conference Alberta, October 21, 2022**  
**Mental Health 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

Crisis Resources

Mental Health Helpline – 24/7

- 1-877-303-2642

Distress Line (Edmonton and area)

- 780-482-4357

Distress Centre (Calgary and area)

- 403-266-4357

Rural Distress Line

- 1-800-232-7288

Crisis Text line

- Text CONNECT to 741741

Crisis Services Canada

- 1-833-456-4566
- Text45645

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)