

## Wellness and Mental Health Resources

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If you are experiencing significant distress and struggle at this time, reach out directly to support services in your area. While we strive to provide resources for all participants, regardless of location, we recognize the international reach of Banff Centre programming makes the development of a comprehensive list challenging.

Below are some suggestions for finding mental health and wellness related resources and services in your local area, as well as some examples of resources and services specific to Canada.

### Urgent Care Support & Services

*Suggestions for Finding Resources in Your Area:*

- Know how to contact Emergency Services local to your area.
- Try an internet search – e.g., your area + (urgent mental health support, mental health crisis support).
  - You can specify if you are looking for in-person, phone, or online supports.
- International suicide prevention phone lines: [International Association of Suicide Prevention](#)
- The [LifeLine App](#) (Apple + Android) provides crisis support, e-counselling and self-management tools

*Examples of Canadian Urgent Care Supports & Services*

Service	Contact	Description
Crisis Services Canada – Suicide Prevention Support	→Phone: 1 (833) 456-4566 (24/7) →Text: 45645 (4pm-12am ET) → <a href="#">Website</a> & <a href="#">Local resources</a>	Support for anyone concerned about suicide, anyone having suicidal thoughts, suffering from a loss, or worried about someone who may be having suicidal thoughts.
Hope for Wellness Helpline	→Phone: 1 (855) 242 3310 (24/7) → <a href="#">Online chat</a>	Immediate mental health counselling and crisis intervention for Indigenous peoples, and information about local wellness supports.

### Mental Health Services

*Suggestions for Finding Resources in Your Area:*

- [Psychology Today](#) has a search function to find verified mental health professionals and/or support groups. Click the globe icon in the top right-hand corner of the homepage to specify your area of the world.
- Try an internet search – e.g., your area + (mental health professional, psychologist, social worker, counsellor, therapist) + (in-person, online, text-based, chat).
- Contact your local health services or government website to see if it lists local mental health services.

*Example of Resources:*

Service	Resources provided
<a href="#">Wellness Together Canada</a>	Counselling, online community of support and coaching, self-guided courses.
<a href="#">7 Cups</a>	International support system with 24/7 peer chat, self-help guided resources.

### Online Mental Health Skill-Building Resources and Information

*Suggestions for Finding Resources in Your Area:*

- See if local health services and/or mental health organizations have a list of recommendations or resources.
- Try an internet search – e.g., Your area + (mental health, wellness, self-management, coping, topic of interest like “stress” or “anxiety”). More examples are below.

*Examples of Resources for Skill-Building and Information*

Resource	Examples of Information Provided
<a href="#">Wellness Together Canada</a>	Resource portal providing personalized resources for mental health
<a href="#">First Nations Health Authority</a>	Physical, emotional, spiritual, environmental, social, cultural well-being
<a href="#">Help Guide</a>	Well-being and happiness, anxiety, relationships, fitness, sleep
<a href="#">Mind Your Mind</a>	Wellness, allyship, transitions, artistic expression, seeking/providing help
<a href="#">Stress Strategies</a>	Research-backed, problem-solving stress management strategies