

Elizabeth Eldridge BMT, MTA



Elizabeth Eldridge is a Certified Psychological Health and Safety Advisor and Professional Speaker. Following her Bachelor degree at Acadia University, Elizabeth completed her clinical music therapy internship in Mental Health Recovery Services at St. Joseph's Hospital in Hamilton, Ontario, which ignited her passion for mental health. In her role as an intern she gained invaluable experience working on an interdisciplinary team supporting clients diagnosed with various psychiatric conditions in outpatient, inpatient, and forensic settings. She returned home to Charlotte County, New Brunswick in 2008 and established her music therapy practice, which has expanded to include internship and subcontracting positions. As New Brunswick's largest music therapy service provider, its team of Certified Music Therapists provides consultations, educational opportunities and clinical services throughout the province.

Fueled by a desire to fight stigma, improve understanding and empower members of the public to provide support to persons in distress, Elizabeth founded Arpeggio Health Services in 2012. She played a key role in making

Mental Health First Aid and safeTALK Suicide Alertness training programs available in Eastern Canada and has personally delivered these programs to more than 3,000 individuals. As a consultant Elizabeth works with companies large and small that are striving to optimize workplace mental health to boost productivity, decrease absenteeism and improve employee satisfaction and workplace culture. Her certification as a Psychological Health & Safety Advisor enables her to assess organizational needs and lead strategic planning and implementation of the National Standard on Psychological Health & Safety in the Workplace, Canada's best practice guidelines for workplace wellness. In addition to holding certification as an instructor for several standardized mental health programs she has developed original workshops on mental health awareness, workplace wellness and resiliency. As a keynote speaker Elizabeth has taken the stage for conferences and other events hosted by WorkSafe NB, Workers Compensation Board of PEI, J.D. Irving Ltd., New Brunswick Construction Safety Association and the Atlantic Institute on Aging among many others. Elizabeth's poignant message, interactive approach and ability to deliver even the most sensitive subject matter in a way that feels non-threatening and accessible is consistently well received by participants and audiences. She has been interviewed about her work by television and radio programs and has been profiled in a variety of local and national publications.

Elizabeth has enjoyed sharpening her governance skills through volunteer work, having served on the Alzheimer Society of New Brunswick's Board of Directors for six years and completing a two year term as President of the Canadian Association of Music Therapists in May 2019. She is also an active member of the Canadian Association of Professional Speakers.

Elizabeth considers her busy but rewarding work schedule to be a true source of joy in her life, but she makes sure to take a regular dose of her own medicine in the form of self care—which she cites in her presentations as a core element of resilience and maintaining positive mental health. She identifies the three essential components of her personal “happy place” as a hot cup of coffee, a good book and her best gal pal: her Weimaraner pup, Ruby.