

DCO wishes you a happy and safe summer!

## July 2017

### Internet Intervention to Promote Well-Being in Post-Secondary Students

At certain times of the year, DCO member centres may experience a higher volume of distress line calls from students who are experiencing increased psychological stress at the beginning and towards the end of each semester. Their distress is associated with a reduced capacity to meet academic commitments and an increased risk of serious mental disorders.

This demographic uses the telephone less than any other age groups to reach out for support. Internet intervention however, can increase accessibility of support systems and provides additional service capacity.



[Read more...](#)

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### Comparing Reported Self Injury: Telephone Support Versus Chat and Text Support

Ontario's Distress and Crisis centres note a difference in the concerns reported by the various populations they serve. Age and methods of seeking support can play a significant part in explaining some of these differences.

ONTX, Ontario's online chat and text program, has a high proportion of youth users (over 60 percent are 15-24 years of age). Helpline support is sought primarily by 25 to 44-year-olds (32 percent) and 45 to 64-year-olds (40 percent).



[Read more...](#)

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### Learning Forums: Blind and Partially-Sighted

Our upcoming video on DCO's Learning Forums website features a health condition that can affect one's physical and emotional well-being. Adjusting to sudden, or even gradual vision loss can bring on unexpected challenges. It is common to feel scared

and confused after someone has been diagnosed with an eye disease. Cathy Tufts, Regional Manager with the Canadian National Institute for the Blind (CNIB), presents an overview of vision loss, how it can affect one's life, and the supports available to help.

[Read more...](#)



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## DCO Welcomes New Board Member, Ron Dunn

Each year, DCO puts out a call for Board Members to help move Distress Centre partner agencies forward. This year, we're happy to welcome four new board members that we will introduce in the next few editions of e-News + Views. Today, we would like to introduce new Board member, Ron Dunn, the Executive Director/CEO of Windsor's Downtown Mission.



[Read more...](#)

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## Introducing DCO's 2017 SOV Recipients, Part One

DCO hosted a wonderful 10th Anniversary Spirit of Volunteerism Recognition event last month at the Living Arts Centre in Mississauga. We welcomed this year's nominees and recipients and invited past nominees and recipients to celebrate this milestone with us. DCO's Executive Director, Elizabeth Fisk, was emcee for the evening, and our Board Chair, Alison Caird, presented the trophies and certificates.

This year, the Selection Committee chose six terrific nominees as our 2017 Recipients, and we would like to acknowledge their passionate commitment. In upcoming newsletter editions, we will continue to spotlight our amazing recipients and our nominees.

[Read more...](#)



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## DCO Upcoming Events and Schedule of Meetings

### DCO Board of Directors

August 22  
October 11  
January 23, 2018  
April 13, 2018

### Upcoming Learning Forums Videos

Diversity  
Aging



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## News from our Member Centres

**Distress Centre Niagara** is holding their 12th Annual [Suicide Awareness Walk](#), Sunday, September 10, 2017 at Market Square in downtown St Catharines, Ontario. Registration starts at 6:00 pm. Click for the [flyer](#) and the [pledge form](#).



**Distress Centre Durham** is holding their 13th Annual Walk for Suicide Awareness on Saturday, September 9, 2017. Check-in time is 10:00 am and the walk starts at 10:30 am. Start and end point for the walk is Haydenshore Park, 589 Water Street, Whitby. Click for the [flyer](#) and the [pledge form](#).

**Distress Centre Toronto's** walk for [World Suicide Prevention Day](#) is scheduled for Sunday, September 10. This year's theme is, "Take a minute - save a life. Every minute counts."

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