

November 2018

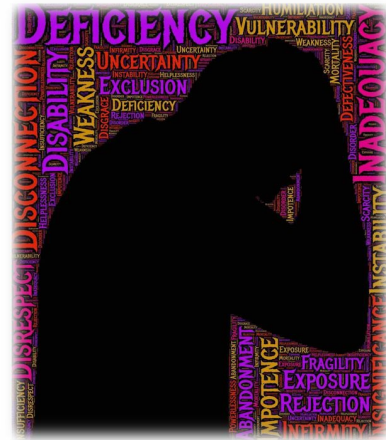
Extend the "Giving Tuesday" Spirit and Continue with Charitable Giving!
Click to [donate to DCO!](#)

Experience of Stigma by People with Mental Health Problems

People with mental health problems not only have to cope with their primary condition but may also experience the secondary impact of mental health stigma, which has been described as a "second illness".

A recent study by Hugget et al., has investigated the subjective experiences of the impact mental health stigma of participants in North West England.

[Read more...](#)



Burnout, Depression, and Suicide Ideation Among Canadian Doctors

Most people understand that when a caregiver is unwell, patients can be affected. Despite years of exercise, eating and sleeping well, and mindfulness training to become more resilient, Canadian doctors still report high levels of burnout and reluctance to ask for help. This suggests that the issues and drivers are deeper than originally thought.

[Read more...](#)



Managing Your Holiday Stress

It happens every year - you think you're organized and ready for an action-packed holiday season, only to find yourself over-stimulated, over-fed, and burned out. Rather than ending up exhausted and possibly ill on the other side of the New Year, below are some suggestions on how to combat holiday fatigue before it hits.

[Read more...](#)



Extend the "Giving Tuesday" Spirit and Continue with Charitable Giving!

Following the conspicuous consumption of Black Friday and Cyber Monday, the focus is on giving back. Not-for-profit organizations throughout the country compete for your donation and we hope that you will consider DCO when making your donation into the holiday season.



[Read more...](#)

Help Plan Our Next Distress and Crisis Ontario Conference

DCO is planning our 2019 conference, scheduled to take place in the Kitchener/Waterloo area in late January 2019. We are looking for people to join our conference-planning committee to help us make this conference a valuable learning and networking experience for all our member organizations.



[Read more...](#)

DCO 2018 Upcoming Events and Schedule of Meetings

Board of Directors Meetings

Wednesday, January 23, 2019
Thursday, April 26, 2019
Thursday, June 13, 2019

Education Committee Meetings

Thursday, December 6
Thursday, December 20

Podcast Sub-Committee

Monday, December 10th

Review & Realign Sub-Committee

Thursday, December 13

Finance Committee Meetings

Friday, December 14

ONTX Steering Committee

Wednesday, December 12

DCO Networking Days

January 24 - 25, 2019
Location TBA



