



September 2021 Newsletter

"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'" — Mary Anne Radmacher

September Holidays and Observances

For many, September is a busy and potentially challenging month. Labour Day falls on Monday the 6th this year and, in most cases, the school year begins on the following day, September 7th. September 10th is World Suicide Prevention Day, a day set aside to focus on the prevention of suicide, remembering those who have been lost due to suicide, and supporting those left behind. This year Canada will also hold it's first National Day for Truth and Reconciliation on September 30th to honour First Nations, Inuit, and Métis Survivors. More information is shared below.



To see what else is happening in September, [click here](#).

Understanding the Men Who Die by Suicide

An effective tool for understanding "why" in the absence of prior warning signs.

"A few weeks ago, a local police officer in my community died by suicide. Sadly, this occurs far more often than most imagine, particularly among police officers and other first responders. According to the American Society for Suicide Prevention, suicide is the 10th leading cause of death in the United States. There were 47,511 suicides in 2019, which, on average, equates to 130 suicides per day."



Men are four times more likely than women to die by suicide, and middle-aged white men, like me, are considered "high risk." White males accounted for 69.38 percent of all suicides in 2019. To break it down further, in 2019, the suicide rates were slightly higher among adults ages 45 to 54 years than those 55 to 64 years, yet the suicide rate was highest among adults ages 85 years or older, which may come as a surprise to some.

[Read more...](#)

Ink positive: how tattoos can heal the mind as well as adorn the body

If one thing has become obvious in the summer heat and the inevitable baring of flesh, it's the degree to which body art is now the norm. At the pool, the park, or the pub beer garden, you'll find an enormous variety of designs inked on the skin representing the breadth of human creativity.



[Read more...](#)

National Day for Truth and Reconciliation ... September 30th is now a statutory holiday

"In observance of National Day for Truth and Reconciliation, September 30th will now be a statutory holiday in Canada.

The new statutory holiday will be September 30th and will commemorate the tragic legacy of residential schools in Canada. It received royal assent after passing unanimously in the Senate."



[Read more...](#)

Updates from the Government of Ontario



Ontario Makes COVID-19 Vaccination Policies Mandatory for High-Risk Settings

"In response to evolving data around the transmissibility of the Delta variant and based on the recent experiences of other jurisdictions, the government, in consultation with the Chief Medical Officer of Health, is taking action to increase protection for our most vulnerable, including frail seniors, immunocompromised individuals and young children who are not yet eligible for vaccination. This includes making COVID-19 vaccination policies mandatory in high-risk settings, pausing the province's exit from the Roadmap to Reopen and providing third doses of the COVID-19 vaccine to vulnerable populations. The government is also expanding eligibility for the Pfizer vaccine to children born in 2009 or earlier."

For more information click [here](#).

COVID-19: health and safety measures at schools

"Learn about the guidelines and health and safety measures for all public and private schools. These rules support safe in-person learning for students and staff for the 2021-2022 school year."

You can read the full guidelines [here](#).

Canada and Ontario support Wauzhushk Onigum Nation with almost \$2.9 million to locate and commemorate their missing children

"The location and confirmation of burials and unmarked graves of First Nations, Inuit, and Métis children at former residential school sites across Canada are tragic reminders of the mistreatment of Indigenous children. As part of efforts to address historical wrongs and their continuing present-day harms, the governments of Canada and Ontario are working with residential school Survivors, Indigenous leaders and affected families and communities in Ontario as they embark on the difficult work of finding their missing children who attended residential schools across Ontario."

[Read more...](#)

Ontario Releases 2021–22 First Quarter Finances

"Sixth Financial Update Since Beginning of Pandemic Highlights Government's Commitment to Transparency and Accountability Despite Continued Uncertainty"

Click [here](#) for more information.

News from and for our Member Centres

Many of our Member Centres are hosting events surrounding World Suicide Prevention Day. Please visit our website to find your closest location and visit their website or social media accounts to find what may be happening in your community to support those who are struggling with suicidal ideation, to remember those we have lost to suicide, and to support those who have been left behind.



For Your Information or Just For Fun

Will Kids Have A Safe Return To School In September?

"For the last year and a half, I have been trading off working full-time hours with my partner and trying to help our five-year-old with his Zoom education. We, like so many other parents I know, are burnt out. It's been such a challenge trying to make sure we're all staying sane, moving forward and ensuring our child remains our top priority."



[Read more...](#)

An announcement from CAMH

[Click here](#) to visit LinkedIn and read a special announcement from the Centre for Addiction and Mental Health (CAMH):

"Dr. Catherine Zahn will be stepping down as President & CEO of CAMH – and starting as the Deputy Minister of Health for Ontario starting September 7, 2021."



DCO Updates

Learning Forum Update

Important updates and refreshes continue with our Learning Forum content. We now have five new modules uploaded to our website with more on the way very soon.



If you would like to learn more about becoming a Member and benefitting from our Learning Forum materials, monthly webinars, funding opportunities, and more, please contact us by email at info@dcontario.org.

Spirit of Volunteerism Committee

Our Spirit of Volunteerism Committee have continued to host informational webinars for the volunteers and staff of our Member centres. Our webinar in August, on the topic of supporting callers struggling with suicidal ideation, was a powerful training tool for helping those who are stuck in their darkest hours.



Our next webinar is being held Wednesday September 1st and will be on the topic of supporting suicide loss survivors, specifically how the medium of art therapy may support them with their grief.

Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at dcontario.org. As our site is still relatively new, we appreciate any feedback you may have if you encounter errors or glitches in the site. You can reach us by email at info@dcontario.org.



Podcast

As we enter into September, our podcast will focus on suicide prevention and awareness, the anxieties surrounding the return to school, and beginning to reflect on gratitude as we begin to enter the holiday season.



Click the photo to the right to access our podcast and listen to old episodes.



Thank you for supporting Distress and Crisis Ontario. [Click here](#) if you would like to donate through CanadaHelps.org, or [click here](#) to purchase a Blue Jay Poster, as shown to the left, through ONTogether and support us that way.



DCO Upcoming Events and Schedule of Meetings

Webinar on Grief due to Suicide Loss

September 1, 2021 at 12:00PM

SOV Committee Meeting

September 7, 2021 at 1:00PM

World Suicide Prevention Day

September 10, 2021

Facebook Livestream at 7:45PM

Board Meetings

September 30, 2021 at 1:00PM

January 27, 2022 at 1:00PM

April 26, 2022 at 1:00PM



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