



## September 2022 Newsletter

---

"Your present circumstances don't determine where you go, they merely determine where you start." — Dr. Lauren Fogel Mersy

---

### September Holidays and Observances

September 10th is World Suicide Prevention Day, a day dedicated to suicide awareness, prevention, and postvention - more information is available below. We wish everyone a safe and happy Labour Day long weekend and a smooth return to school for all students, parents, and teachers.

To see what other days of importance there are in September, [click here](#).



---

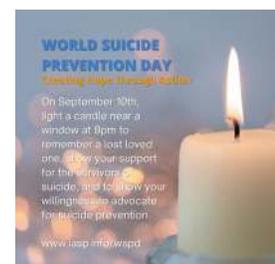
### World Suicide Prevention Day

World Suicide Prevention Day 2022: Creating Hope Through Action

By encouraging understanding, reaching in and sharing experiences, we want to give people the confidence to take action. To prevent suicide requires us to become a beacon of light to those in pain. You can be the light. Learn more [here](#).

Join us on the 10th from 7:45PM - 8:45PM EST for a live online event as we light a candle in memory of those who have suicided, share some life experiences with suicidality, have a live Q&A on suicide prevention, and leave you with a message of hope into action.

[Facebook Live Event information...](#)



---

### Ashley Judd: The Right to Keep Private Pain Private

"April 30, 2022, was the most shattering day of my life. My beloved mother, Naomi Judd, who had come to believe that her mental illness would only get worse, never better, took her own life that day. The trauma of

discovering and then holding her laboring body haunts my nights. As my family and I continue to mourn our loss, the rampant and cruel misinformation that has spread about her death, and about our relationships with her, stalks my days. The horror of it will only worsen if the details surrounding her death are disclosed by the Tennessee law that generally allows police reports, including family interviews, from closed investigations to be made public."



This article was written by actress Ashley Judd for The New York Times and can be accessed by creating a free account with an email address. It is well worth the read to learn why Judd believes in the right to privacy for all families going through a tragic loss of life.

[Read the full article...](#)

---

## Back To School Anxiety and Depression

The start of the school year can be a transitional period at best, coupled with the COVID-19 pandemic, children, parents, and teachers are faced with an added layer of stress and anxiety with the anticipation of September. Since the onset of the pandemic, 70% of school-aged children and 66% of pre-school aged children have experienced a deterioration in their mental health and have shown mental health struggles.



[Continue reading...](#)

---

## Seasonal Affective Disorder and Transitioning from Summer to Fall

Seasonal Affective Disorder (SAD), or Depression with Seasonal Pattern, is a condition that comes and goes based on seasonal changes, appearing in the fall and going away in the spring/summer. This diagnosis should only be considered when the feeling is beyond the "winter blues" due to the lack of engagement in typical hobbies and/or outdoor activities due to weather. Seasonal Affective Disorder can also occur during spring and summer although it is not as common to experience SAD during the warmer seasons.



[Read more...](#)

---

## Here's Why Grief Over The Loss Of A Pet Is So Serious

The loss of a pet can be earth shattering and often as painful as the loss of a close family member or friend. The grief and heartbreak left in the wake of a beloved pet's death cuts deep and should be taken seriously by the sufferer and their support system.



When we lose a pet, not only do we lose a best friend, we

also lose our routine and the companionship we had with them. Much like the major loss of someone in our closest circle, the emotional pain and grief is very real when a pet passes.

[Continue reading...](#)

---

## Updates from the Government of Ontario



### Keeping Costs Down for Ontario Families

"To help bring relief and to help offset rising living costs for low-income families and individuals with a disability, Ontario is delivering on the government's commitment to increase the rates for income support by five per cent beginning in September 2022 for families and persons under the Ontario Disability Support Program (ODSP).

Future ODSP rates will also be adjusted to inflation to help protect ODSP clients against rising costs moving forward.

In addition, beginning September, Ontario will increase the maximum monthly amount for the Assistance for Children with Severe Disabilities Program by five per cent to help make life more affordable for these recipients."

[Read more...](#)

---

### Ontario Introduces A Plan to Stay Open: Health System Stability and Recovery

"The Ontario government introduced its Plan to Stay Open: Health System Stability and Recovery, a five-point plan to provide the best care possible to patients and residents while ensuring the resources and supports are in place to keep the province and economy open. The plan further bolsters Ontario's health care workforce, expands innovative models of care and ensures hospital beds are there for patients when they need them."

[Continue reading...](#)

---

### Mitaanjigamiing First Nation, Canada and Ontario reach settlement on Treaty 3 Flooding Claim

"Chief Janice Henderson of Mitaanjigamiing First Nation, Jaime Battiste, Parliamentary Secretary to the Minister of Crown-Indigenous Relations, and the Honourable Greg Rickford, Ontario Minister of Indigenous Affairs, announced the successful tripartite settlement agreement between Mitaanjigamiing First Nation, the Government of Canada and the Province of Ontario, regarding the Mitaanjigamiing First Nation Treaty 3 Flooding Claim. This settlement will provide Mitaanjigamiing First Nation with \$84.45 million in compensation, with Canada paying \$45.05 million and Ontario paying \$39.4 million."

[Read more...](#)

---

## News from and for our Member Centres

Many of our Member centres are currently seeking new volunteers. Many volunteer opportunities are remote, training is provided for free, and the benefits of volunteering are many. To find your nearest centre visit [www.dcontario.org/locations](http://www.dcontario.org/locations), then visit the centre's website to apply.



---

### The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight [The Ontario Association for Suicide Prevention](#).

Ontario Association  
for Suicide Prevention

"The Ontario Association for Suicide Prevention is a provincial body that links communities, organizations and individuals in Ontario by supporting, advocating for and encouraging the development of suicide prevention, intervention and postvention activities."

---

### In other news...

#### **Federal minister earmarks \$30 million for Canadian crisis lines at Winnipeg announcement**

"The federal government is working with its provincial counterparts as part of a bilateral agreement to support crisis hotlines.



Marci Ien, Canada's minister for women and gender equality and youth, announced funding Wednesday in Winnipeg, alongside Manitoba Status of Women Minister Rochelle Squires.

The \$30 million in federal funding will support crisis hotlines across Canada, after the government works out bilateral agreements with each province and territory."

[Learn more...](#)

#### **Spain is latest nation with reports of mysterious needle pricks at nightclubs: "A serious act of violence against women"**

"Police in Spain are investigating about 50 reported cases of women getting pricked with medical needles while at nightclubs or parties, a trend that previously came to the attention of authorities in other European countries.



So far, Spanish police have not confirmed any cases of sexual assault or robbery related to the mysterious jabs. Police said that 23 of the recently reported needle attacks were in northeast Spain's Catalonia region, which borders France.

Waves of needle pricks at nightclubs and musical events also have confounded authorities in France, Britain, Belgium and the Netherlands. French police have tallied over 400 reports in recent months, and said the motive of the jabs was unclear. In many cases, it also wasn't clear if the victims were injected with a





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

### Board Meetings

September 20th, 2022 at 1:00PM

January 17th, 2023 at 1:00PM

April 18th, 2023 at 1:00PM

### Leadership Meetings

October 12, 2022 at 12:00PM

November 16, 2022 at 12:00PM



## Distress And Crisis Ontario

PO Box 40115  
RPO Waterloo Square  
Waterloo, ON  
N2J 4V1  
416-486-2242  
[www.dcontario.org](http://www.dcontario.org)

Contact Us

