



May 2024 Newsletter

"Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it." — Barack Obama

May Holidays and Observances

May is a month dedicated to raising awareness for many health concerns like [Brain Tumour Awareness Month](#), [MS Awareness Month](#), [Speech and Hearing Month](#), and more. May 6th - 12th is [Mental Health Week](#), May 7th is [National Child and Youth Mental Health Day](#), May 17th is [International Day Against Homophobia, Transphobia, and Biphobia](#), and May 24th is [Schizophrenia and Psychosis Awareness Day](#).

We would like to wish all mothers, mother-figures, and those in mothering roles a very Happy Mother's Day. If you need support on Mother's Day, please [click here](#) to find your nearest Member centre.

To all those who celebrate Victoria Day, we wish you a safe and happy long weekend.

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



Children's Mental Health in Ontario

According to the Canadian Mental Health Association (CMHA) Ontario branch, approximately one in five children and youth in Ontario has a mental health challenge. Additionally, about 70% of all mental health disorders have their onset in childhood or youth. This means that early identification and intervention is critical to providing the support needed for children and youth to achieve success in all areas of life.

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Mom and the Little Red Cart: It was a symbol of all she had lost

"I was the third of three daughters, and my mother's least

favorite child. But my mom knew who she could count on; she felt safest with me. After my stepfather passed away suddenly, Mom retired and moved from a large city to my small town to be nearer.

My mother was never especially unkind; the problem was more that she didn't understand me. Later, she came to envy my life, and envy is never a pretty emotion. My two much older sisters, who had a different father, were more like her. I'd come as a big surprise, and she simply didn't know what to do with this pretty, bright, little dreamer placed unexpectedly in her arms. My mother was anything but a dreamer."

[Read more...](#)

Here's the Thing About Suicidal Ideations: It's not always what you think

"I'm standing on the top deck of the Eiffel Tower at Kings Dominion outside Richmond, VA. As a teenager, I'm full of angst and am likely mourning the loss of attention from a romantic interest. I'm not exactly happy, nor am I truly unhappy. But as I peer over the wire fence meant to prevent falls, I wonder what would happen if I casually climbed it and jumped.

I've always had the urge to jump off of high places, well aware that this would likely end my life, but I also imagined the freedom I could feel during my descent. The sensation of flying would feel so amazing, even if there was doom in the end as gravity wins the battle between will and science."

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Frequent Marijuana Use Ups Risk of Psychosis, Says Study

"A psychotic breakdown during adolescence or early adulthood is normally unlikely but not unheard of. Psychosis is related to sensory experiences like delusions (believing in things that aren't true) or hallucinations (hearing or seeing things that aren't there) that impair relationship with the reality.

Since psychosis is often linked to schizophrenia, people generally believe that this condition is responsible for triggering such a problem. However, most cases of psychosis in adolescents are not a result of schizophrenia but a combination of several factors that could raise a teenager's vulnerability to psychosis."

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46 Reflections on a Life a Half Over

"Ten years ago, I was going through a rough patch in my life. One day, I met an old man at a coffee shop. Whenever someone asked him how he was doing, he'd always say, "It's the best day of my life."

You might think he had won the lottery, sold a business, his



child got married, or hit some big life goal. But it was none of these things.

When I asked him why he said it was the best day of his life, he told me, "At some point, I realized I had fewer days left than I've lived. So, every new day is the best day of my life."

[This article](#), written by Srinivas Rao for Medium, is a lengthy read but is worth the time if you have it. Rao shares ten years' worth of written lessons and reflections on life broken down into categories of thought and including beautiful artwork.



Live to 100: Secrets of the Blue Zone

"Bestselling author and founder of Blue Zones, Dan Buettner's new doc series explores the science and lifestyles behind longevity.

Most people hope they'll live a long, healthy, and happy life, but few are able to travel the world in an attempt to reverse-engineer the formula for longevity. That's exactly what Dan Buettner did: Beginning in the early aughts, Buettner collaborated with National Geographic, scouring the globe in pursuit of places where people live much longer than average — and thus, the concept of "Blue Zones" came to be. Following Buettner's bestselling book *The Blue Zone: 9 Lessons of Living Longer from the People Who've Lived the Longest*, the new doc series *Live to 100: Secrets of the Blue Zones* travels around the world to investigate the diet and lifestyles of those living the longest lives."

[Learn more...](#)



Updates from the Government of Ontario



Ontario Connecting People in the North to the Care They Need

"As part of the Ontario government's 2024 Ontario Budget, the province is investing

\$45 million over three years to expand the Northern Health Travel Grant Program to help people in Northern Ontario connect to the specialized care and services they need.

"Our government knows that for too long, patients in Northern Ontario have faced unique challenges when accessing health care and that is why our government is taking action to expand access to care, in every corner of the province," said Sylvia Jones, Deputy Premier and Minister of Health. "Our investment to expand and enhance the Northern Health Travel Grant, will ensure more people in Northern Ontario can connect to the specialized care they need, when they need it."

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Ontario Cracking Down on Cellphone Use and Banning Vaping in Schools

"Ontario's plan to refocus the education system on getting back-to-basics in the classroom includes new standardized provincewide measures, increased parent communication and \$17.5 million (2024-25) in additional resources to support students."

Visit the link below for a list of changes parents can expect to see in 2024-2025.

[Learn more...](#)

Ontario Celebrating Outstanding Contributions of Volunteers

"The Ontario government is recognizing 6,650 community leaders through the 2024 Ontario Volunteer Service Awards. The annual award honours adult and youth volunteers for their outstanding contributions and continued service at organizations such as non-profits, schools, community centres, hospitals, libraries and community associations.

"Volunteers are the backbone of Ontario communities," said Michael Ford, Minister of Citizenship and Multiculturalism. "Through the Ontario Volunteer Service Awards, we honour the outstanding volunteers who touch our lives and recognize their ongoing dedication and service to the well-being of their communities and our province."

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Ontario Launches Bereavement Support Program

"The Ontario government is investing over \$3 million to support families of first responders and public safety personnel who are killed in the line of duty or have died by suicide. The funding will provide free rapid bereavement counselling for up to two years following the death of a loved one.

"First responders and public safety personnel put their lives on the line for the safety of Ontario every single day," said Solicitor General Michael Kerzner. "That is why our government is ensuring that families who experience the loss of a loved one can access critical mental health support when they need it most. This investment is a testament to our government's dedication to protecting everyone who helps keep our province safe."

[Read more...](#)

News from and for our Member Centres

Save the date: our **Annual General Meeting** has been scheduled for **Thursday June 27th at 7:00PM EST**. Join us and our Board of Directors for an hour long celebration of Distress and Crisis Ontario and the year's achievements. We will share our Annual Report, including the 2023-2024 audit, and reconcile updates to the organization's by-laws under ONCA.



The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight the [Family Care Centre](#) on Children's Mental Health Ontario's website.



"The Family Care Centre is a resource hub for parents and caregivers of children and youth with mental illness.

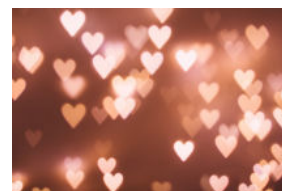
We know how hard it is for families who are navigating the mental health system while supporting their children. We are sharing only trusted, evidence-based information to help parents find much-needed support."

[Learn more...](#)

In other news...

Things to do for Mother's Day

"Another spring, another Mother's Day in Ontario is here. We are going out on a limb and say we don't think your mom wants a weighted blanket. We know your mother wants to continue to get back to doing the things she loves. After breakfast in bed, your mom wants to go out and do something fun because the sun has been shining and the birds having been singing.



Mother's Day is extra special in Canada because of its timing. Spring is a time of rejuvenation, spring blooms and warmer weather. It's a happy time to go out in the sunshine and keep rebuilding our relationships after the pandemic."

[Learn more...](#)

How To Properly Spring Clean Every Room In Your House, According To The Pros

"So you've found yourself overcome with the overwhelming desire to deep clean every single inch of your home. That makes sense: It's officially spring, the season long associated with dusting, decluttering, scouring and scrubbing. If you've ever actually tried to clean every surface of your house in one fell swoop, though, then you know how impossible the task at hand can feel. That's why it's so crucial to enter every room with a cleaning game plan: To properly spring clean your whole house, you need to work smarter, not harder."



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DCO Upcoming Events and Schedule of Meetings

Annual General Meeting

- June 27, 2024 at 7:00PM EST

SOV Webinars

Upcoming members-only lunch and learn webinars for staff and volunteer responders are as follows:

- May 22, 2024 at 12:00PM and 7:00PM EST - On Children's Mental Health
- June 19, 2024 at 12:00PM and 7:00PM EST - On Men's Mental Health



Distress And Crisis Ontario

PO Box 40115
RPO Waterloo Square
Waterloo, ON
N2J 4V1
info@dcontario.org
www.dcontario.org

Contact Us



Distress and Crisis Ontario | PO Box 40115, RPO Waterloo Square, Waterloo, N2J 4V1 Canada

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