



October 2024 Newsletter

"The bravest thing I ever did was continuing my life when I wanted to die."
– Juliette Lewis

October Holidays and Observances

October is [ADHD Awareness Month](#) and celebrates many days of awareness like [National Seniors Day](#) on the 1st, [World Mental Health Day](#) on the 10th, and [International Day for the Eradication of Poverty](#) on the 17th. Halloween is also celebrated this month on the 31st (see below for some safety tips around celebrating Halloween).

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



Why Fight? — Keeping Sight of My Life's Purpose Even When Depressed

"My ability to work during depressive episodes is compromised, but, using these techniques, I always have a reason to hold on until I regain my focus.

The single most harmful depression myth I have encountered is it is 'curable', and sure, there are cases when, after a negative life event, a person experiences symptoms of clinical depression for a limited period before stabilizing; but that is 'situational depression', not clinical. Clinical depression, as shared by mental health writer Claire Sissons and reviewed by licensed psychologist and board-certified psychiatric nurse Timothy J. Legg, PhD, PsyD, has no 'cure'. But it is 'highly' treatable/manageable."

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The Caregiver's Guide To Finding Meaning and Fulfilment

"There is no humanity without care. Or, more to the point, you are making humanity happen through care." (Elissa Strauss, the author of *When You Care: The Unexpected Magic of Caring*)

for Others)

The beginning and end of our lives happen under someone's care. No one is exempt from this inevitability.

In between, we provide care as mothers or look after sick friends and family members.

Caregiving is humanity's most important activity. Yet, it remains largely invisible to public scrutiny, underappreciated, and ignored."

[Read more...](#)

What is ADHD?

"Attention-deficit/hyperactivity disorder (ADHD) is one of the most common mental disorders affecting children. Symptoms of ADHD include inattention (not being able to keep focus), hyperactivity (excess movement that is not fitting to the setting) and impulsivity (hasty acts that occur in the moment without thought). ADHD is considered a chronic and debilitating disorder and is known to impact the individual in many aspects of their life including academic and professional achievements, interpersonal relationships, and daily functioning (Harpin, 2005). ADHD can lead to poor self-esteem and social function in children when not appropriately treated (Harpin et al., 2016). Adults with ADHD may experience poor self-worth, sensitivity towards criticism, and increased self-criticism possibly stemming from higher levels of criticism throughout life (Beaton, et al., 2022). Of note, ADHD presentation and assessment in adults differs; this page focuses on children."

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Cognitive Dissonance: Why We Fight New Ideas

"Alright, mate... Do you ever feel like you're defending your beliefs to the bitter end, even when evidence points the other way?

That's cognitive dissonance for you.

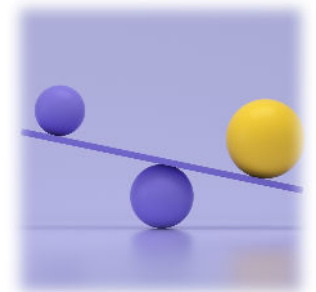
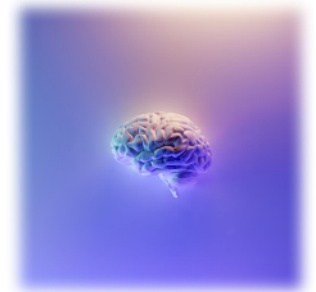
It's like your brain's on a seesaw, struggling to balance what you believe with new info that just doesn't fit. Cognitive dissonance isn't just a fancy term. It's the mental discomfort you get when your beliefs, ideas, or values clash with new information or actions. Leon Festinger coined it back in 1957, diving deep into why we feel weird when we're caught between a rock and a hard place in our heads."

[Read more...](#)

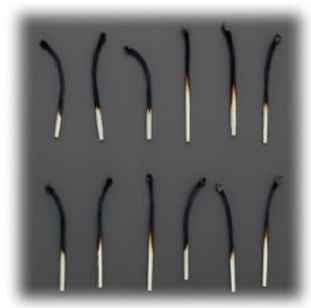
How Burnout Is Changing Our Lives

"Burnout is on the rise, but you can take steps to protect yourself.

Perhaps you've woken up today, like so many days recently, feeling a lack of motivation simply to get out of bed. Perhaps the hobbies you once loved have started to disappear from your daily routine. And maybe your days feel like some kind of



sick-cycle carousel, as though you are living the same one over and over. It may even be that lately, the smallest details, like brushing your teeth or dressing to go out, feel uncharacteristically tiring. These are just a few of the ways burnout has been described, and the truth is, burnout doesn't simply happen overnight; in fact, it can be insidiously slow, occurring over the course of weeks and months."

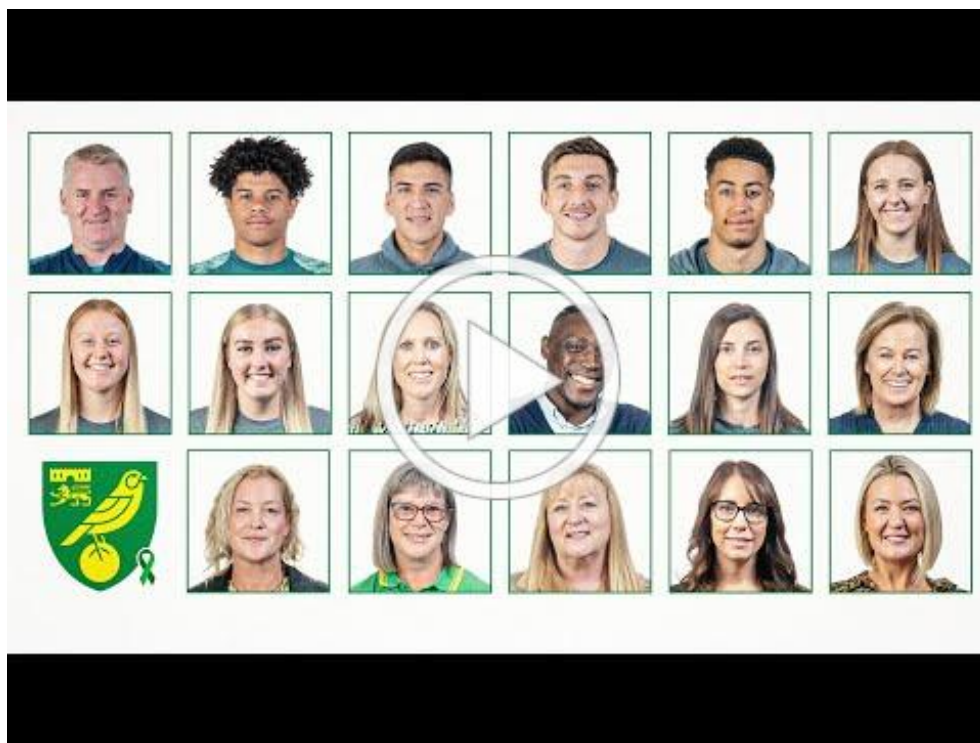


[Read more...](#) - We originally shared this article in April 2023

Sometimes, all you need to do is pick up the phone #WorldMentalHealthDay

In this video for World Mental Health Day last year, Norwich City Football Club shared the following video.

"Norwich City have come together with players, staff and volunteers to show the importance of communication for our mental health."



Is the content of this email relevant to you? Any feedback can be sent to info@dcontario.org.

Yes, absolutely

Yes, somewhat

Yes, a little bit

No, not at all

Ontario Building More Inclusive Communities

"The Ontario government is investing up to \$740,000 to improve accessibility and support people of all ages and abilities throughout the province. Through the Inclusive Community Grants Program, 20 projects will receive funding to improve community life for older Ontarians and people with disabilities.

"Inclusive communities are important because they help people with disabilities and seniors participate in community life by removing barriers," said Raymond Cho, Minister for Seniors and Accessibility. "Through the Inclusive Community Grants Program, we are fighting social isolation and creating new opportunities for all Ontarians to stay active, healthy and independent."

The Inclusive Community Grants Program provides funding of up to \$60,000 for projects to help ensure local government and community organizations consider Ontarians of all ages and abilities at every stage of community planning and development."

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Ontario Investing in Indigenous Businesses and Entrepreneurs

"The Ontario government is providing \$9.2 million in grants and funding to Indigenous entrepreneurs, businesses, communities, and organizations to support lasting economic prosperity. These investments are part of Ontario's commitment to economic reconciliation with Indigenous Peoples.

"Our government understands that Indigenous partners are uniquely positioned to identify and seize opportunities that drive growth within their communities," said Greg Rickford, Minister of Indigenous Affairs and First Nations Economic Reconciliation. "Today's investment of \$9.2 million strengthens our commitment to ensuring First Nations communities have the resources they need to plan, build, and train for success, leading to lasting economic reconciliation."

[Learn more...](#)

Ontario Expanding Access to Palliative Care

"The Ontario government is connecting more people to comfortable and dignified end-of-life care, close to their community and loved ones by adding up to 84 new adult hospice beds across the province. This expansion will bring the total number of publicly funded hospice beds across Ontario to 768.

"Our government is ensuring people and their families have access to the comprehensive care they need in their community, close to their loved ones, at every stage of life," said Sylvia Jones, Deputy Premier and Minister of Health. "By investing in the expansion of end-of-life care in communities across the province, we are taking another step to connect Ontarians to compassionate and specialized care closer to home."

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Ontario Connecting People to Faster Emergency Care

"The Ontario government is investing over \$910 million to increase the availability of ambulances across the province and connect people and families to emergency care faster and closer to home.

"When someone experiences an emergency, it is vital that they receive the care they need as quickly as possible," said Sylvia Jones, Deputy Premier and Minister of Health. "By strengthening all aspects of the health care system and ensuring faster access to emergency care, our government is providing paramedics and emergency departments with the tools they need as we connect more people across the province to high-quality care, when they need it most."

[Read more...](#)

News from and for our Member Centres

We would like to extend a warm welcome to our newest Member - **ConnexOntario**.

"No matter what you're facing, we're here to help connect you with the mental health, gambling, and/or addiction treatment services you need. Whether you're reaching out for yourself, someone you care about, or a client, we offer free and confidential support, 24/7/365."



[Learn more...](#)

The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to once again highlight [Addictions & Mental Health Ontario](#) (AMHO).

"Leading change to revolutionize the addictions and mental health care experience.

AMHO represents over 150 addictions and mental health organizations in Ontario, Canada. Our vision is to create the best addictions and mental health system, anywhere."

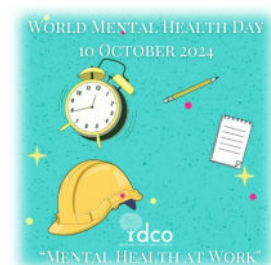


[Learn more...](#)

In other news...

World Mental Health Day, 10 October 2024, "Mental Health at Work"

"This World Mental Health Day, WHO is uniting with partners to highlight the vital connection between mental health and work. Safe, healthy working environments can act as a protective factor for mental health. Unhealthy conditions including stigma, discrimination, and exposure to risks like harassment and other poor working conditions, can pose significant risks, affecting mental health, overall quality of life and consequently participation or productivity at work. With 60% of the global population in work, urgent action is needed to ensure work prevents risks to mental health and protects and



supports mental health at work."

[Learn more...](#)

Halloween Safety Tips for a Fun and Safe Night

The following information comes from the Canadian Red Cross. "As Halloween approaches, it's time for witches, goblins, and superheroes to take to the streets. While Halloween in Canada is an exciting time, ensuring a safe and fun experience for all is essential. The Canadian Red Cross shares these Halloween safety tips to help parents, children, and even pets stay safe while enjoying the spooky festivities. "



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DCO Updates

World Suicide Prevention Day - Thank you!

We would like to extend a final heartfelt thank you to our World Suicide Prevention Day livestream speakers Christina Hennelly and Cheryl Vanderveen. The messages they shared were deeply impactful to our team, those who attended, and the almost 400 viewers of the recording. This was one piece of an ongoing endeavour to change the narrative and start a conversation around suicide, brain injury, silent stroke, and Suicide Crisis Syndrome. If you would like to view the recording of the event, please [click here](#).



Learning Forum Updates

Important updates and refreshes continue on our Learning Forum platform, including new modules on the way that explore men's mental health, navigating change, and more. Updated Learning Forum walkthroughs have been provided to all Member centres to access the Learning Forum section of our new website.



Spirit of Volunteerism (SOV)

SOV webinars for Member staff and volunteers continue to be held each month online. Registration links are shared via email with Member leadership in the weeks leading up to each webinar and are now also being shared on our new Spirit of Volunteerism Community Page available to all Learning Forum users on Thinkific. We are currently seeking feedback from our Member centres on how we can improve these monthly webinars.



Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at dcontario.org. The updates to our website have been completed and we would appreciate any feedback you have on our website contents. Please email any feedback to info@dcontario.org.



Blog

Our latest blog post, "Changing the Narrative: World Suicide Prevention Day 2024", provided valuable insights into why World Suicide Prevention Day is such an important date of acknowledgment. You can read the full blog post [here](#). Our blogs are released mid-month and cover timely topics related to current events or monthly themes, articles that didn't make it into our eNewsletter, updates from the Association and Members, and much more.



Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In September the podcast explored the impacts of silent stroke, physical rehabilitation and mental health, back-to-school and screen time, and more.



You can click our logo to the right to listen. If you have any feedback or requests for future content, please [click here](#).

Becoming a Member

If you are interested in becoming a Member of the Ontario Association of Distress Centre, currently operating as Distress and Crisis Ontario, please [click here](#) to visit our website and learn more. Becoming a member will allow your organization to increase networking in the sector, receive subject matter content specific to distress, crisis, and suicide prevention, and benefit from collective advocacy. Any questions can be sent to us by email at info@dcontario.org.



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

Board of Directors Meetings

- October 22, 2024 at 7:00PM EST
- January 28, 2025 at 5:00PM EST
- April 22, 2025 at 7:00PM EST

SOV Webinars

Upcoming members-only Spirit of Volunteerism webinars for staff and volunteer responders are as follows:

- October date TBD



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