



## September 2024 Newsletter

"Don't let this darkness fool you. All lights turned off can be turned on."  
– Noah Kahan in his song 'Call Your Mom'

### September Holidays and Observances

As this newsletter has come out following the long-weekend, we hope that everyone had a safe and happy Labour Day weekend.

September celebrates many physical-health focused awareness campaigns like [Childhood Cancer Awareness Month](#), [Fetal Alcohol Spectrum Disorder Awareness Month](#), and [World Alzheimer's Month](#). This month also hosts [World Suicide Prevention Day](#) on the 10th as well as celebrating [National Day for Truth and Reconciliation](#) on the 30th.



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

### Suicide is a leading cause of death for young people, but most universities don't track it

**"WARNING: This story contains discussion of suicide.**

Marien de Freitas has seen one too many friends die by suicide.

De Freitas started at the University of Waterloo in the fall of 2020, right at the peak of the pandemic. Classes were all online, and the isolation amplified anxiety and other mental health issues for her and other students.

By the end of that school year, one of her friends had taken their own life, and she had witnessed another student's suicide attempt. But even as students grieved and sought an open discussion, she says there was little acknowledgement from the university."



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### Tackling Teen Tech Addiction

"Hands down, Rachel Kingston's biggest parenting challenge is trying to manage her 13-year-old daughter's social media use.

"My daughter was diagnosed with general anxiety disorder last year," Kingston (a pseudonym to protect her family's privacy) explains, "and I think some of her chronic anxiety is tied back to social media. Unlike some families, we haven't had to deal with body image issues or being bullied, but I really worry about the lack of down time and true rest she gets."



Kingston, a Calgary mother of two, says that her daughter's social media use became a problem during the lockdown, when it represented the only form of social life available. It hasn't tapered off since, though, and Kingston worries about the impact it might have on her nervous system. If it were entirely up to her daughter, there'd always be a YouTube or TikTok video playing in the background, no matter the activity—baking, drawing or even having dinner."

[Read more...](#)

## Rewilding attachment theory by recognising Earth as a caregiver

*"We are raised by people, but we are also raised by the Earth – here's what that means for our emotional development"*

In the 1950s, at a research clinic in London, the psychologists John Bowlby and Mary Ainsworth began to study the impact that human relationships have on the emotional development of children. What they discovered during the following decades radically altered the direction of Western psychology.

Previously, the dominant behaviourist view had emphasised the impact of external rewards and punishments on behaviour and wellbeing. Unlike behaviourists, Bowlby and Ainsworth focused directly on the internal worlds of children, stressing the importance of emotional security. Children, they found, had a deep need for this security and would actively seek it in their attachments with parents and other caregivers. Bowlby went even further, suggesting that the unique emotional worlds of adults could be explained by the specific ways they had been 'attached' to their caregivers as children. Adults who were securely attached and trusting were more likely to have been raised by responsive parents who consistently met their physical and emotional needs as a child. Conversely, caregivers who were unresponsive or unavailable tended to produce insecurely attached adults, affected by anxiety, avoidance, or a combination of both."



[Continue reading...](#)

## National Day of Truth and Reconciliation: Resource List

Distress and Crisis Ontario (DCO) is committed to advancing Truth and Reconciliation through the promotion of education and working towards the transformative calls to action outlined by the Truth and Reconciliation Commission, and by all Indigenous communities across Canada. We are committed to listening, learning, reflecting, and adapting our approaches to better facilitate reconciliation and create welcoming spaces for all individuals. We offer our gratitude to the First Peoples for their care for, and teachings about, our earth and our relations. May we honour those teachings.



In an effort to promote learning and unlearning, we have once again updated our list of resources for National Day of Truth and Reconciliation. We hope the following suggestions shared by community partners, podcast guests, and DCO staff provides the

opportunity for listening, learning, reflecting, and adapting practices.

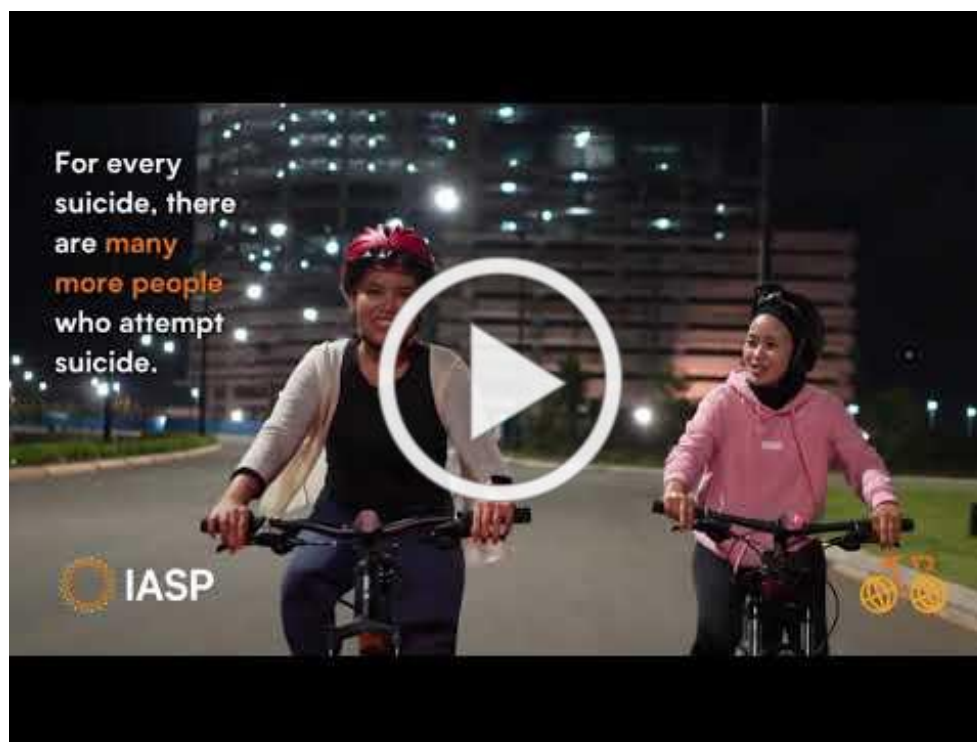
[Read more...](#)

## Cycle Around the Globe 2024

"IASP's free virtual cycling event, Cycle Around the Globe, is back to help raise awareness of suicide prevention worldwide.

We want our global community to engage with each other and join together to spread awareness of suicide prevention. 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.

From 10 September – 10 October 2024, we are asking you to cycle, walk or run any distance to help us work together to prevent suicide. Our goal is to enable global participation, which is why the event is entirely free to join, and fundraising is entirely optional."



Is the content of this email relevant to you? Any feedback can be sent to [info@dcontario.org](mailto:info@dcontario.org).

Yes, absolutely

Yes, somewhat

Yes, a little bit

No, not at all

## Ontario Students Going Back-to-Basics with Fewer Distractions this Fall

"The Ontario government is investing \$47.5 million to support safe and healthy learning, along with implementing the most comprehensive plan in Canada to restrict student use of cellphones and ban vaping in schools. By removing distractions, students can focus their attention on academic achievement, which will include modernized courses in business and career studies, and technological education.

"With their constant stream of notifications and pings, it's no surprise to anyone that cellphones constantly grab our attention. This is why it was necessary to restrict cellphones in the classroom and enable students to restore focus on learning so they can achieve better academic outcomes," said Jill Dunlop, Minister of Education. "This school year is shaping up to be the first in years without the threat of pandemic disruptions or negotiations with teachers' unions. We're excited for the year ahead where students can look forward to uninterrupted learning, extra-curriculars and a back-to-basics, modernized curriculum that will set them up for success."

[Continue reading...](#)

## Ontario Protecting Communities and Supporting Addiction Recovery with New Treatment Hubs

"The Ontario government is protecting the safety of children and communities by banning supervised drug consumption sites within 200 metres of schools and child care centres. The government is also mandating new protections to better protect community safety near remaining sites, including new requirements for safety and security plans, as well as new policies to discourage loitering and promote conflict de-escalation and community engagement. In order to restrict access to dangerous and illegal drugs moving forward, the government will also introduce legislation this fall that would, if passed, prohibit municipalities or any organization from standing up new consumption sites or participating in federal so-called "safer" supply initiatives. If passed, the legislation will also prohibit municipalities from requesting the decriminalization of illegal drugs from the federal government."

[Learn more...](#)

## Ontario Investing in New Supports to Address Gender-based Violence

"The Ontario government is launching a call for proposals for new community-based projects that support survivors of gender-based violence. These initiatives will focus on preventing violence through education and awareness, building safer, healthier communities and enhancing well-being and economic opportunities for people and families.

Ontario is investing \$100 million over the next three years in its four-year, cross-government action plan to combat gender-based violence, building on the province's existing investments of \$1.4 billion over four years to end gender-based violence and support victims.

"Our government is continuing to take action to end violence against women and girls in all its forms," said Michael Parsa, Minister of Children, Community and Social

Services. "We know that preventing gender-based violence before it occurs is critical to breaking the cycle of abuse. This call for proposals will fund projects that address violence and tackle its root causes. By focusing on prevention, we are working towards safer and healthier communities for generations to come."

[Continue reading...](#)

## More Child Care Fee Reductions Coming for Ontario Families

"Ontario is taking the next step in lowering child care fees for families as part of the Canada-wide Early Learning and Child Care (CWELCC) system. Starting in January 2025, parent fees will be capped at \$22 per day for children under the age of six in CWELCC programs, resulting in additional savings of nearly \$300 million in 2025 for families.

"Our government is determined to make life more affordable for families, that's why we're putting more money in their pockets by cutting child care fees even further," said Todd Smith, Minister of Education. "When kids are in child care, they're able to learn and grow, and their parents are able to enter the workforce with peace of mind."

[Read more...](#)

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## News from and for our Member Centres

To keep up to date with our Members, we encourage you to follow them on their social media platforms. Please click on any of our Members' names below to visit their most active social media page directly.



[Distress Centre Halton](#)

[Telephone Aid Line Kingston](#)

[Distress Centre Lanark, Leeds, and Grenville](#) (Developmental Services of Leeds and Grenville)

[Crisis Centre North Bay](#)

[Talk 4 Healing](#) (Beendigen)

[Nunavut Kamatsiaqtut Helpline](#)

[Distress Centre Ottawa and Region](#)

[Telecare Peterborough](#)

[Sarnia Distress Line](#) (Family Counselling Centre Sarnia-Lambton)

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## The Clyde Mental Health and Addictions Awareness Project

In honour of Clyde and his family, this month we have chosen to highlight the [Mental Health First Aid](#) materials developed by the Mental Health Commission of Canada.

"Mental Health First Aid (MHFA), [OpeningMinds.org/training/MHFA](https://OpeningMinds.org/training/MHFA), is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.



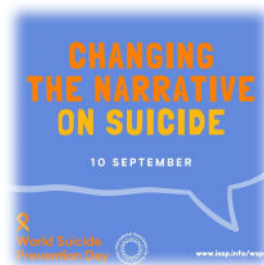
Mental Health  
Commission  
of Canada

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague."

## In other news...

### World Suicide Prevention Day: Changing the Narrative on Suicide

Suicide is a major public health problem with far-reaching social, emotional and economic consequences. It is estimated that there are currently more than 700,000 suicides per year worldwide, and we know that each suicide profoundly affects many more people. Suicide remains a critical global issue, affecting individuals and communities worldwide.



Changing the narrative on suicide aims to inspire individuals, communities, organizations, and governments to engage in open and honest discussions about suicide and suicidal behaviour. By initiating these vital conversations, we can break down barriers, raise awareness, and create better cultures of understanding and support.

[Learn more...](#)

### A guaranteed paycheque — is universal basic income a good idea?

"The Ontario government is facing a class-action lawsuit after it abruptly cancelled a basic income pilot project, a decision participants say hurled their lives into turmoil. CBC's Nick Purdon explores the initiative's impact and why some say a guaranteed paycheque is the way of the future."

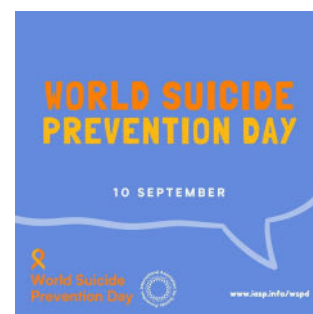


[Watch the news report...](#)

## DCO Updates

### World Suicide Prevention Day 2024 Livestream

We hope you will join us for our World Suicide Prevention Day 2024 Livestream being held Tuesday September 10th at 7:45PM on our Facebook page. Join us as we come together to light a candle in memory of those who have suicided, learn from our keynote speakers Christina Hennelly and Cheryl Vanderveen about suicidality, brain injury, and silent stroke, and close with a song of hope from Noah Kahan.



For more information, and to register, visit our event page by [clicking 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. This month, the webinar will be held on **Thursday September 12th at 11:00AM - 12:00PM and 7:00PM - 8:00PM** on Navigating Change.



### Website

To learn more about Distress and Crisis Ontario, our member organizations, and current news and events, check out our website at [dcontario.org](http://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](mailto:info@dcontario.org).



### Podcast

Our podcast, "DCO Discourse..." continues to feature a variety of mental health topics with new episodes being released every Monday. In August the podcast explored topics like preparing for back-to-school, social media and mental health, single parenthood, 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](mailto:info@dcontario.org).



Thank you for supporting Distress and Crisis Ontario. [Click here](#) if you would like to donate through [CanadaHelps.org](http://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:

- September 12, 2024 at 11:00AM and 7:00PM EST - On Navigating Change

**World Suicide Prevention Day 2024 Livestream**

- September 10, 2024 at 7:45PM EST



**Distress And Crisis Ontario**

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