

July 2016

ONTX Ontario Online & Text Crisis Services

Summary Report 2015-16

The DCO member Centres of Durham, Spectra, Torchlight and Toronto have had an exciting and challenging year of service delivery, program implementation, and improvement while learning lots on the road to launching the Online Chat and Text (ONTX) Program which has operated for 12 hours a day since June 29, 2015.



[Read more...](#)

Understanding Why Some People Take Their Lives - And Some Don't: Part 2

Continuing with last month's article from The Toronto Star about the role that neurobiology plays in suicide, the second part in our series features The Star's interview with Dr. Sidney Kennedy, a professor of Psychology at the University of Toronto and the university chair in suicide research in North America. Dr. Kennedy discusses the tough task of studying suicidal behaviour and mental illness.



[Read more...](#)

9th Annual Spirit of Volunteerism: Introducing the 2016 Recipients

On Monday, June 20, DCO was very pleased to celebrate our Spirit of Volunteerism nominees and recipients during a wonderful evening at BMO Learning Centre. The evening was emceed by DCO's Executive Director, Elizabeth Fisk, and the trophies and certificates were presented by DCO's new Board Chair, Alison Caird.

Over the next few months, we will introduce you to the exemplary SOV nominees, but this month we are pleased to introduce to you the 2016 recipients.

9th Annual Spirit of Volunteerism Recognition

[Read more...](#)

Help for Those Who Self-Injure

Professor Stephen Lewis, Department of Psychology at the University of Guelph, was 15 when he first self-injured by cutting himself. In a TEDx Talk delivered earlier this year, Lewis describes how bullying led to a major depression and how over time, he became suicidal.

The road to recovery was long and difficult, but Lewis says, "I can let others know that as dark as it may seem, there is still light at the end of the tunnel."



[Read more...](#)

DCO Upcoming Events and Schedule of Meetings

Board of Directors

October 19

Governance Committee

TBD

ONTX Steering Committee

TBD

Upcoming Learning Forums Videos

OCD

Mental Health First Aid

Children's Aid and Duty to Report



News from our Member Centres

Nunavut Kamatsiaqtut Help Line

Nunavut is pleased to host the 2016 Canadian Association for Suicide Prevention conference this year. The theme is Hope, Help, and Healing, and it takes place October 26 - 29, 2016 in Iqaluit, Nunavut.

[Click here for more information.](#)



Please [email](#) us to share your centre's news and upcoming events in e-News & Views.

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