



Help make a difference this year! [Giving Tuesday](#) is November 29 this year. As we start the season of giving, think about making a donation to Distress and Crisis Ontario and direct your donation to the program of your choice. Help to make a difference this year. [Click here to make your donation.](#)



November 2016

Government of Canada Supports the Development of a National Suicide Prevention Service

This month, the Public Health Agency of Canada announced their support of the National Suicide Prevention Service (phone, text and chat), a partnership between Public Health, the Canadian Distress Line Network, and Rogers Communications to link distress and crisis lines across Canada in a press release on their website.



National Suicide Prevention Service
Service national de prévention du suicide

The service, which will use text, chat and phone technology, will integrate and link existing regional distress and crisis line services across Canada. Once fully implemented in late 2017, it will ensure that individuals in crisis, regardless of where they live in Canada have access to free and confidential support, on a 24/7 basis.

[Read the English press release...](#)
[Read the French press release...](#)

Multicultural Leadership Part One

Canada is incredibly diverse: aboriginal Canadians, Canadian-born people of various ethnicities, and people from all over the world working and living in this vast country. Every region in Canada has its own cultures and practices as it is, and when blending in cultures from all over the world, some adjustments need to be made to welcome and work with people from varying cultures.



In this series, we examine the issues around multicultural leadership in very different areas of Canada. We interviewed leadership from five crisis centres across the country, and each posed their own issues around multiculturalism.

[Read more...](#)

Gay Men and the Demons They Battle

In his article published in *The Guardian*, Gay Men Are Battling A Demon More Powerful Than HIV - And It's Hidden, Owen Jones explains that "a far greater menace [than HIV to the lives of gay men] is mental distress - impossible to disentangle from a society riddled with homophobia - and the drug and alcohol abuse that can follow". He calls it "a silent health crisis afflicting gay men".



[Read more...](#)

New at Learning Forums: Duty to Report

Learning Forums (LF) continues to offer readily accessible online learning modules for DCO member centre call responders. An upcoming installation on the Learning Forums website focuses on the needs of children and the role of individuals in caring for their well-being.



[Read more...](#)

Serious Suicide Thoughts on the Rise in the U.S. in 2015

A new report by the Substance Abuse and Mental Health Services Administration (SAMHSA) reveals that in 2015, four percent of American adults aged 18 and older thought seriously about suicide during the past 12 months from when they were surveyed. During this same period, 1.1 percent of adults made suicide plans, and 0.6 percent of adults made non-fatal attempts at suicide.



[Read more...](#)

Take Action on Proposed Health Care Legislation

The Ontario Non-Profit Network has suggested the following actions to address the proposed health care legislation. The Patients First Act could set dangerous precedents for the independence and work of Ontario's not-for-profits.



[Read more...](#)

Distress Centre Halton

For more than 40 years, Distress Centres Oakville and North Halton have supported people in their community to better cope with crisis, loneliness, and emotional stress. This year, the two centres have aligned



their services under a new name, Distress Centre Halton.

By aligning the two centres, DC Halton will expand their services to better support the entire Halton region, and continue to provide telephone service and online support to the community. Services include a Text & Chat service available to the entire Halton region, and a dedicated phone line for the Burlington area in addition to their existing phone lines for the Oakville/Milton, and North Halton areas.

DC Halton believes that with an updated website and new branding, their support services are better reflected to support clients during troubled times. Please take a moment to visit dchalton.ca.

DCO Upcoming Events and Schedule of Meetings

DCO Board of Directors

January 25, 2017
April 26, 2017
June 28, 2017
October 25, 2017

Upcoming Learning Forums Videos

Mental Health First Aid
Children's Aid and Duty to Report



News from our Member Centres

Distress Centre Durham

Hosts their Annual In-House Christmas Silent Auction. The auction is open now and volunteers can place their bids until December 8. Winning bids will be announced at the Annual Volunteer Christmas Potluck for volunteers and staff, the evening of December 8. All funds are raised for United Way of Durham Region!



Spectra

The Spectra Helpline continues to integrate Solution-Focused, helping conversations into all of their programs. The solution-focused approach represents a paradigm shift from problem-focused and symptom-based to solution-focused and strength-based interventions.

Throughout the summer, Spectra staff had extensive Solution-Focused training, and 85 percent of their current & active volunteers have been trained in Solution-Focused helping. This model is already making a difference in the lives of Spectra callers; their discussions on the lines are focused on building strengths in their callers and striving toward positive goals set by the callers themselves.

Please [email](mailto:info@dcontario.org) us to share your centre's news and upcoming events in e-News & Views.

