

October 2016

Awareness, Attitudes, and Use of Crisis Hotlines Among Youth At-Risk for Suicide

Though crisis hotlines are central to suicide prevention efforts, their utilization among youth remains low. A sample of at-risk youth was surveyed about their attitudes and awareness towards crisis lines and mental health, and attitudes around help-seeking that could be positively influenced by peers and adults in their support system. Originally published in *Suicide and Life-Threatening Behaviour*, the official journal of the American Association of Suicidology.



[Read more...](#)

ONTX: Learning About Our Visitors

Since the launch of the ONTX Online and Text Crisis Services 16 months ago, we've learned a thing or two about our visitors in nearly 13,000 text and chat sessions received to date. We know that 76 percent of our visitors are girls and women, and 62 percent of users are aged 15-24. Below are some other learnings about their needs that have come out of our work.



[Read more...](#)

How Do We Help? A SIOM Summary of Caller Outcomes

DCO member agencies provide a wide range of services that meet the immediate emotional needs of individuals calling for help. SIOM, or Statistics, Information and Outcome Measures, allows insight into crisis line callers who reach out to DCO member centres for help.

[Read more...](#)



at Imminent Risk of Suicide: The Importance of Active Engagement, Active Rescue, and Collaboration Between Crisis and Emergency Services

In 2012, the Substance Abuse and Mental Health Services Administration (SAMHSA)-funded National Suicide Prevention Lifeline (Lifeline) completed implementation of the Policy for Helping Callers at Imminent Risk of Suicide across its network of crisis centers. This policy, the first in the U.S., provides guidance to define the imminent risk of suicide and develop a collaborative and less restrictive approach to the reduction of suicidality across care systems.

[Read more...](#)



Learning Forums: Mental Health First Aid

Learning Forums highlights the importance of mental health through an upcoming learning video installment on Mental Health First Aid. Mireille Huneault of the Canadian Mental Health Association (CMHA) in Durham provides an outline of the differences between mental illness and the type of mental health difficulties that any of us may experience, resulting from an event or circumstance during our lifetime.

[Read more...](#)



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 Centres Toronto (Downtown)

To commemorate International Survivors of Suicide Loss Day, Distress Centres' Survivor Support Program is hosting two events:

1. Our Annual Flag Raising at City Hall in Toronto at Nathan Phillips Square, Upper Podium



November 18, 12 pm

For those who can make it, we will be meeting outside 10 Trinity Square, the location of Canada's first survivor program, and walking from there.

2. First Annual Support Through Connection: A Healing Conference for Survivors of Suicide Loss

Metro Hall, 55 John St, Toronto 9:30 am - 4 pm

For more information please contact Alex Shendelman, Program Manager, Survivor Support Program, 416-595-1716, or alex@torontodistresscentre.com.

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!

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

Distress and Crisis Ontario | Centres de Détresse et des Crises d'Ontario
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