

July 2019

DCO is transitioning to a new ONTX short code, 258258, which will launch on August 6th. Meanwhile, you can continue to reach us online [here](#) between 2pm and 2am daily.

New Short Code for ONTX - 258258

PRESS RELEASE:

Distress and Crisis Ontario is pleased to announce that suicide prevention, crisis intervention, emotional support and community referrals will be just a short text away for Ontarians, with a new code to text.

ONTARIO - As a collaborative, including service delivery organizations in Durham, Niagara and Windsor as well as admin and technical support from Distress and Crisis Ontario (DCO), we have been providing our online crisis text and chat program, ONTX to thousands of Ontario residents since June 2015. At this time, we are transitioning the text code 741741 to 258258. In the meantime if you are in need of suicide prevention, emotional support, crisis intervention or community referrals to help you through a difficult time, please visit our website <http://www.dcontario.org> to chat or find a list of services to assist you.



[Click here for the full press release ...](#)

DCO Conference Highlights

A small but enthusiastic and engaged group joined DCO at the Holiday Inn in Kitchener in June for our Summer 2019 conference. The theme for the conference was **Loneliness or Solitude: The Twin Faces of Technology**.

[Read more](#)



2019 Spirit of Volunteerism: Introducing our Nominees - Part 2

In previous months, we introduced you to our recipients and to the first group of nominees. This month we are pleased to announce the final group of 2019 SOV Nominees.

[Read more ...](#)



2019 Spirit of Volunteerism Event

DCO was pleased to host our 2019 SOV Recognition event on Friday, June 21 at the Holiday Inn, Kitchener.

The intimate event included SOV nominees and recipients, their family and friends, and their centre's staff. Each nominee and recipient was recognized for the exceptional service and the contributions they make for their centres and their communities.

[Read more ...](#)



The Accessible Canada Act

On June 21, 2019 the Accessible Canada Act received Royal Assent, making it law in Canada. The Accessible Canada Act is federal accessibility legislation and its stated purpose is to achieve a barrier free Canada by 2040. The Act gives powers to the Government of Canada, the Canadian Transportation Agency, and the Canadian Radio-television and Telecommunications Commission to create new legal requirements to advance federal accessibility.



Go to their [website](#) for more information.

Loneliness - Even Animals Need a Friend

Loneliness affects everyone at some time or another, and people aren't the only ones to feel isolated and lonely. This story caught our attention and shows that even animals can feel lonely and in need of a friend.

A hungry and stray Calico kitten wandered around a Zoo in St Petersburg, Russia, and was found sitting in an enclosure with a young Lynx. Despite the staff repeatedly removing the kitten, she kept returning to be with her new friend and the two quickly bonded. They were two lonely cats who didn't have anybody else in the world. But now, these two have formed an unlikely and unbreakable bond with each other, proving that even the most unlikely animals can be friends.



[Click here](#) to see the original article and to see a video of these two best friends.

DCO Updates

ONTX New Short Code

Much time and effort has been expended over the last few months to secure a new short code for ONTX, and talking to our members and other organizations about the benefit that this program provides to Ontarians. We continue to work with our collaborative partners, our membership, CWTA, and our technology platform, to ensure that we continue to offer this important service.



Conference

DCO welcomed a small but enthusiastic and engaged group for our 2019 Summer Conference. See conference highlights article above, and watch future issues for more detailed information on conference presentations.

ONTX - Ontario Online Chat and Text Program

The ONTX program is launching a new short code for Ontarians to text - 258258. This will officially launch on August 6th. In the meantime, our online chat program is still in effect

and can be reached [here](#).

Executive Director Visits our Members

Early in July, Neta Gear, DCO's Executive Director, spent a week visiting our member organizations in the Western part of the province. Relationships were created, and Neta met with members to understand what they do, what they need, and how we can add value.

Plans are underway for a similar road trip to visit our members in Eastern Ontario.

Developing New Partnerships

We are excited to be working on potential new partnerships to increase our reach and to offer more services to our communities. Watch for further developments to come.



International Suicide Prevention Day September 10th, 2019

IASP is delighted to announce this year's Cycle Around the Globe Campaign will open for registration on 1st August.

Their Cycle the Globe campaign takes place every year embracing World Suicide Prevention Day (WSPD) where participants come together and cycle whether at home, in the gym, on the road or up a mountain, in order to collectively circumnavigate the globe. In 2017, participants in groups in 48 countries cycled 222,323.55 miles, or 9 times the circumference of the Earth, in support of world Suicide Prevention Day. Last year, participants cycled 15.85 times the circumference of the planet!

Can we do better this year? Tag them with your plans @iaspinfo and #CycleAroundtheGlobe and [click here](#) to download their poster.

News from our Member Centres

Distress Centre Durham

DCD will hold their 15th annual Walk for Suicide Awareness on Saturday, September 7th, 2019 at 9:30 am at the Cullen Gardens, 300 Taunton Road W, Whitby. Tickets are available [here](#).

Distress Centre Niagara

DCN will hold their 14th annual Suicide Awareness Walk on Tuesday, September 10th, 2019. The walk will honour those we have lost to suicide, as well as their loved ones who continue their daily lives as survivors. All proceeds will help support their 24-hour crisis phone line. More details will be coming soon [here](#).

Distress Centre of Ottawa and Region

This year's Chocolate Affair was held on Saturday, May 11th and was a great success. The event helped them raise \$33,642 for their crisis and support line services.

On Friday, July 19th, Distress Centre of Ottawa and Region held a Blood Donation Event. A big shout-out to DCOR for another way they work to help save lives!



**We hope everyone has a
safe and happy summer!**

See you again in September



**Donate to Distress and Crisis Ontario and thank you
for your support! Please [click here](#) to donate.**



DCO 2019 Upcoming Events and Schedule of Meetings

Board of Directors Meetings

New meeting schedule TBD



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