

THE MONTHLY POINT

Pivot Point Newsletter



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October 10th - World Mental Health Day

The theme for this year's World Mental Health Day is: [Mental health is a universal human right!](#)

World Mental Health Day, observed on October 10th each year, is a crucial occasion to raise awareness about the importance of mental health and to promote its well-being worldwide. One powerful symbol of this effort is the use of colored ribbons to represent different aspects of mental health.

Youth Mental Health is symbolized by a yellow ribbon, signifying the need for increased awareness and support for young individuals facing mental health challenges. Adolescence can be a turbulent period, marked by stress, anxiety, and uncertainty. The yellow ribbon serves as a reminder to extend empathy and understanding to our youth, emphasizing the importance of early intervention and fostering a nurturing environment for their emotional growth.

On the other hand, the green ribbon represents Adult Mental Health. While mental health struggles can affect anyone at any age, the green ribbon underscores the significance of recognizing that adults, too, can experience mental health issues. It encourages adults to seek help, speak openly about their feelings, and seek the support they need without fear of judgment.

Removing the stigma surrounding mental illness is a shared responsibility. By embracing an empathetic tone and providing information about mental illness, we can encourage open conversations, offer support, and create a world where seeking help for mental health concerns is as natural as seeking medical care for physical ailments. Together, we can ensure that no one feels alone or ashamed in their journey toward mental well-being.

"Mindfulness is the gentle bridge that helps us navigate the turbulence of our minds, guiding us towards the shores of inner peace and mental well-being." Pivot Point



For 20 years, Pivot Point has been assisting children, teens and adults, as well as couples and families when faced with challenges in their life's journey. With our specialty in the emotional, behavioural, and relational conditions of childhood, adolescence, and adulthood, our experienced [Counsellors and Neurofeedback](#) trainers help bring hope and stability back into turbulent lives. Contact us today!

Newsletter Content Submissions

If you would like to participate in writing content, sending in photographs and/or sharing ideas for the staff newsletter, please contact Rochelle at: marketing@pivotpoint.ca

Newsletter Feedback

Rochelle would like to hear from you! Please provide her with your feedback or let her know of specific topics that you would like to see in upcoming newsletters by completing our [Feedback & Suggestion Form](#). Thank you for your input!

Celebrating 20 Years

Your presence and support have been instrumental in our journey, and we look forward to continuing our mission of making a positive impact on the lives of those we serve.



Group Activities, Day Camps, Caregiver Groups & Professional Training

Pivot Point offers a wide range of group activities tailored to individuals with Autism or other Diverse Abilities, spanning across various age groups, including children, teens, and adults.

We also have specialized groups designed for Caregivers and Professionals & Service Providers. Our groups are thoughtfully organized based on their style and format, with each topic or theme clearly outlined, making it easy to join others with similar interests. The majority of our groups are available in both online and in-person formats, offering flexibility to suit your preferences. Please note that our groups for Professionals & Service Providers are typically one-time-only events, providing valuable insights and knowledge in a single session.



Learn more about our [Group Activities](#) and sign up today!

Embracing Neurodiversity

Nurturing Mental Health in Autism and Beyond

Mental health support is of paramount importance, and its significance extends far beyond typical neurodivergent support services when considering individuals with diverse neurological experiences.

First and foremost, mental health support recognizes that every person, regardless of neurodiversity, may encounter challenges related to their mental well-being. These challenges can be exacerbated for neurodiverse individuals, who often grapple with unique stressors and sensory sensitivities. Offering tailored mental health support acknowledges these differences, providing strategies and coping mechanisms that consider the individual's specific needs.

Moreover, mental health support fosters self-acceptance and self-advocacy. Neurodiverse individuals often face societal stigma and misunderstanding, which can lead to feelings of isolation and low self-esteem. By addressing mental health struggles, individuals can develop the resilience to navigate these challenges, build self-confidence, and embrace their unique strengths.

Additionally, mental health support recognizes the interconnectedness of mental and neurological well-being. Emotional and psychological well-being are intricately linked to how individuals process and respond to their neurodivergent traits. A holistic approach to support acknowledges this relationship and aims to enhance overall quality of life.

In conclusion, mental health support for neurodiverse individuals is invaluable because it acknowledges their unique experiences, promotes self-empowerment, and recognizes the intricate interplay between mental and neurological well-being. It is a vital component of a compassionate and inclusive society that values the mental health and overall well-being of all its members.

[Request a Meeting](#) and our Regional Manager in your area will connect with you for a free consultation.