

THE MONTHLY POINT

Pivot Point Newsletter



Mental Health, Connection and Suicide Prevention: Starting the Conversation

September is an important time to pause and talk about something that affects people of every age and every background: mental health. In a world that can move quickly and place growing demands on children, youth and adults, creating space to recognize how we, and those around us, are doing has never been more important.

It can be easy to overlook the signs that someone may be struggling. A child who becomes increasingly withdrawn, a teenager who stops participating in activities they once enjoyed, or an adult who seems overwhelmed and disconnected may not always say, "I need help." Sometimes, changes in behaviour are the way someone communicates that something is not feeling right.

For Autistic and other neurodivergent individuals, recognizing those changes can require additional understanding. Communication differences, sensory demands, social expectations, anxiety, isolation or the pressure to fit into environments that do not always accommodate individual needs can all influence wellbeing. This does not mean that being Autistic or neurodivergent causes mental health challenges. Rather, it reminds us that understanding the individual and their experience matters.

[Mental health support](#) is not only about responding when someone reaches a crisis point. It is also about building connection, creating safe spaces to communicate, listening without judgement and making it easier to ask for help.

A simple question of "How are you really doing?" can open an important conversation. Listening, taking concerns seriously and helping someone connect with appropriate support can make a meaningful difference.

At Pivot Point, we know that mental health support begins with seeing the whole person. Whether someone is a child, youth or adult, neurodivergent or neurotypical, everyone deserves to feel heard, understood and supported.

If you or someone you know is struggling or experiencing thoughts of suicide, reaching out for professional support is an important step. In Canada, call or text 988 for immediate, confidential [suicide crisis support](#), available 24/7. Sometimes, having someone listen and help you find a way forward can make all the difference.

For 23 years, Pivot Point has supported individuals with Autism and Diverse Abilities through compassionate, client-centred and evidence-based services. Connect with our team for a [complimentary consultation](#) to explore how we can support you and your family.

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!

Community Spotlight: Connecting with our Communities

We're excited to be returning to the Shuswap Family Expo this September! Our Salmon Arm team looks forward to connecting with local families and sharing information about the supports and services available through Pivot Point Family Growth Centre.

Our Regional Manager Shannon Moorhead will be there to meet families, answer questions, listen to what matters to our community and share how Pivot Point can help support children, youth and families.



Learning Beyond the Traditional Classroom

September brings a return to learning, but learning doesn't have to look the same for every student. At Pivot Point Learning Centres, Community Classrooms offer a more personalized approach, creating opportunities for students to learn through meaningful experiences, community connections, hands-on activities and individualized support.

Registration for September 2026 is still open, with a few spaces available in Chilliwack, Cloverdale and Victoria. Connect with our teams to discover more about how a Community Classroom may be a good fit for your child.



Explore more about our [Learning Centres](#) today.

Understanding Youth Mental Health: What We May Not See

When we think about a young person experiencing a mental health challenge, we may picture someone who appears sad, anxious or withdrawn. While these can be signs, emotional distress does not always look the way we expect it to, particularly in children and youth who may not yet have the words or understanding to explain what they are feeling and experiencing.

[Mental health concerns](#) can sometimes appear through changes in behaviour rather than through conversations about feelings. Increased irritability, difficulty regulating emotions, changes in sleep or appetite, withdrawing from family or friends, losing interest in activities, increased school avoidance or a noticeable change in communication may all be signals that something has shifted.

For Autistic and neurodivergent youth, recognizing these changes can be particularly important. Behaviours that are sometimes viewed simply as "challenging" may also communicate overwhelm, anxiety, frustration, sensory distress or an unmet need. Understanding what may be behind a behaviour allows us to respond with curiosity rather than judgement.

This does not mean that every change in behaviour indicates a mental health concern. Children and youth naturally experience periods of change, stress and emotional ups and downs. What matters is noticing **significant or persistent changes**, considering what may be contributing to them and creating opportunities for open, supportive conversations.

As adults, we do not need to have all the answers. We can start by listening, asking questions, validating feelings and [helping young people access appropriate support](#) when they need it.

Sometimes, understanding begins simply by looking beyond the behaviour and asking, **"What might this be telling us?"**

Navigating support for a loved one? You don't have to navigate this journey alone. Book your [complimentary consultation](#) with our team today.