



**THOUGHT
SPOT
TORONTO**

Services Problem Solving Outings Teaching

**Thought Spot is a live map
designed by students,
for students in the Greater
Toronto Area.**

**The map allows students to
easily identify and access health
and wellness services, and
discover resources that are
relevant to their experiences,
situation, and location.**



THOUGHT
SPOT
TORONTO

Services

Problem Solving

Outings

Teaching

Search our database based on location, activity, etc. different descriptive words of how you can use this map to get things you need or want.



THOUGHT
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Services
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Teaching

**Find what you need or an
answer to your questions
through a step-by-step
breakdown of our resources**



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Looking to take a break? Explore restaurants, parks, cafés and more. Find or submit a walking tour or afternoon itinerary submitted by fellow students.



THOUGHT
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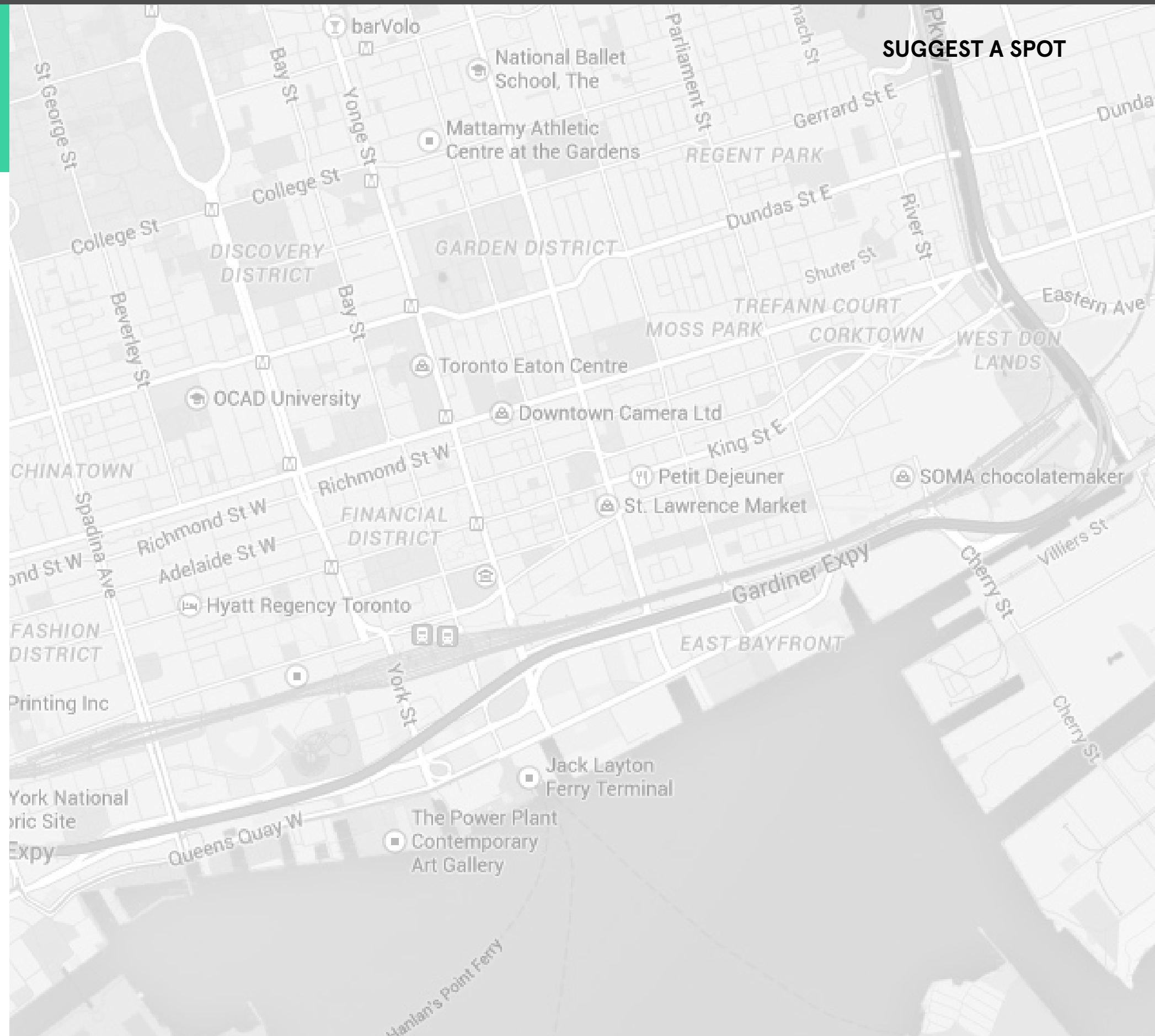
Services
Problem Solving
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Teaching

**Definitions and additional
resources related to your
overall well-being.**



Browse by Category

-  **Legal and Financial**
-  **Health and Social Services**
-  **Recreation and Culture**
-  **Family and Friends**
-  **Spirituality and Wellbeing**
-  **Work and School**
-  **Sex and Relationships**



[SUGGEST A SPOT](#)



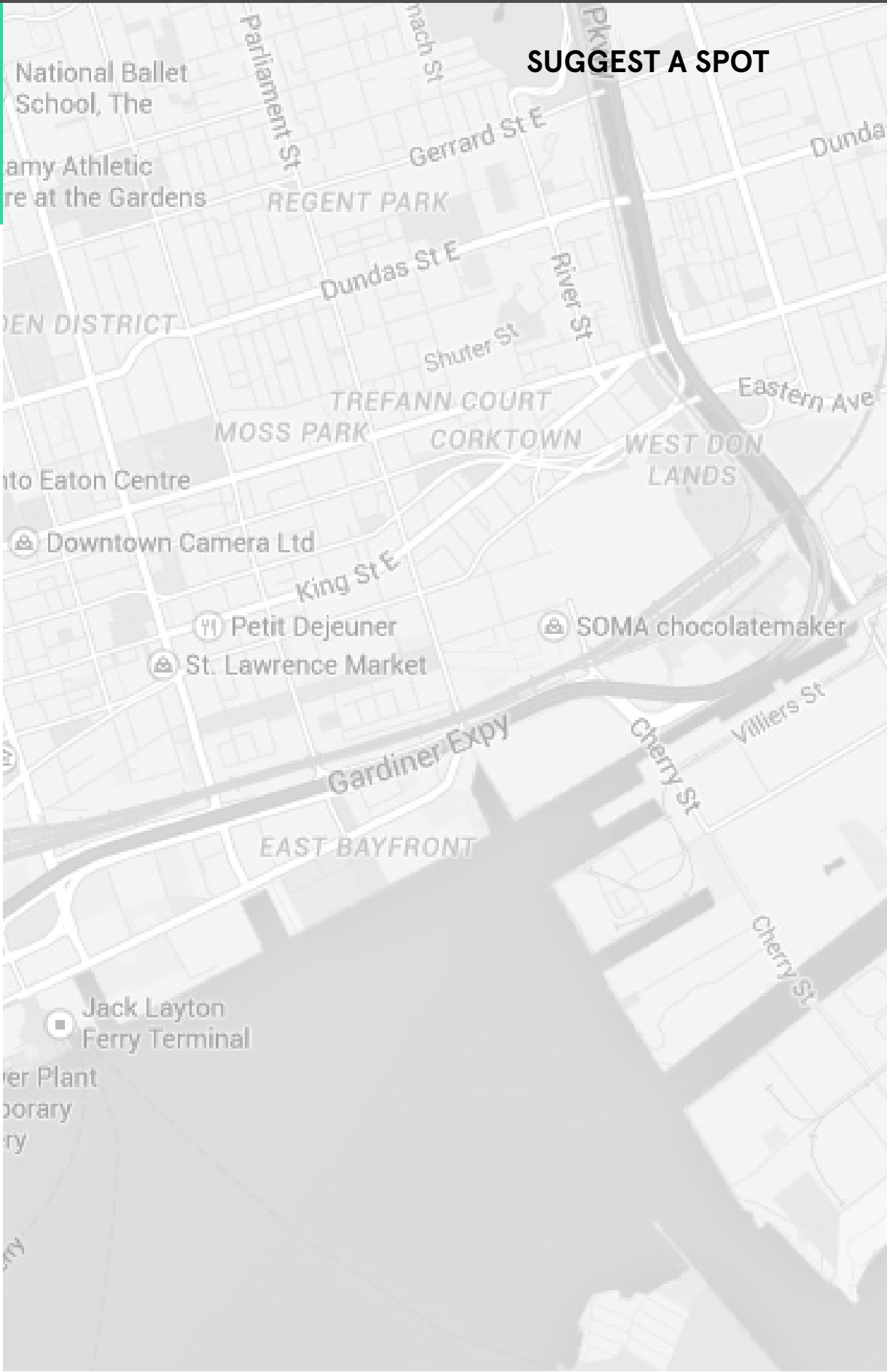
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Results

Additional Filtering +

- St. Michael’s Hospital**
STEPS for Youth
Support for youth 16–23 experiencing a first episode of psychosis
- Scarborough Hospital**
Crisis Management Support Program
A multi-service agency
- Scarborough Hospital**
Crisis Management Support Program
A multi-service agency
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Crisis Management Support Program
A multi-service agency





search



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St. Michael's Hospital STEPS for Youth

Support for youth 16–23 experiencing a first episode of psychosis

Scarborough Hospital Crisis Management Support Program

A multi-service agency

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Scarborough Hospital Crisis Management Support Program

A multi-service agency

St. Michael's Hospital STEPS for Youth



21 McGill Street, Covenant House, Toronto

Hours of operation:
Mon–Fri 9 am–5 pm
OPEN NOW

<http://www.stmichaelshospital.com/programs/mentalhealth/>

1-416-864-5120
steps@smh.ca

Services provided:

- *Assessment
- * treatment
- * support with school, work, social activities
- * family education and support



Are you in crisis, or in need
of immediate assistance?

Yes

No



If you are in crisis, call 9-1-1.

I am not in crisis
but I need to speak
to someone.

I am not in crisis
but I am in need of
information.



No, I am not in crisis but...

I need to speak
to someone.

I am in need of
information.



Call any of these 24-hour Hotlines:

1-800-668-6868

KIDS HELP PHONE
for ages 20 and under

**2-1-1 or
1-866-925-5454**

GOOD2TALK
for ages 17-25

**416-408-4357
(416-408-HELP)**

TORONTO DISTRESS CENTRES
for ages 18 and older



Explore the city

search to find an outing



HIGHEST RATED

SEE MORE +

West-end
YMCA



HEALTH AND WELLNESS

High Park



PARKS AND RECREATION

Type Books



SHOPPING

Harbourfront
Center



ARTS AND CULTURE

RECENTLY ADDED

SEE MORE +

Burrito Boys

Lee's Palace

TIFF Bell
Lightbox

Robarts
Library



Explore the city

search to find an outing



HIGHEST RATED

SEE MORE +



WEST-END YMCA
Health and Wellness



HIGH PARK
Parks and Recreation



TYPE BOOKS
Shopping



THE HARBOURFRONT CENTER
Arts and Culture

USER OUTINGS

SEE MORE +

