



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.**



search by keyword



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](#)

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

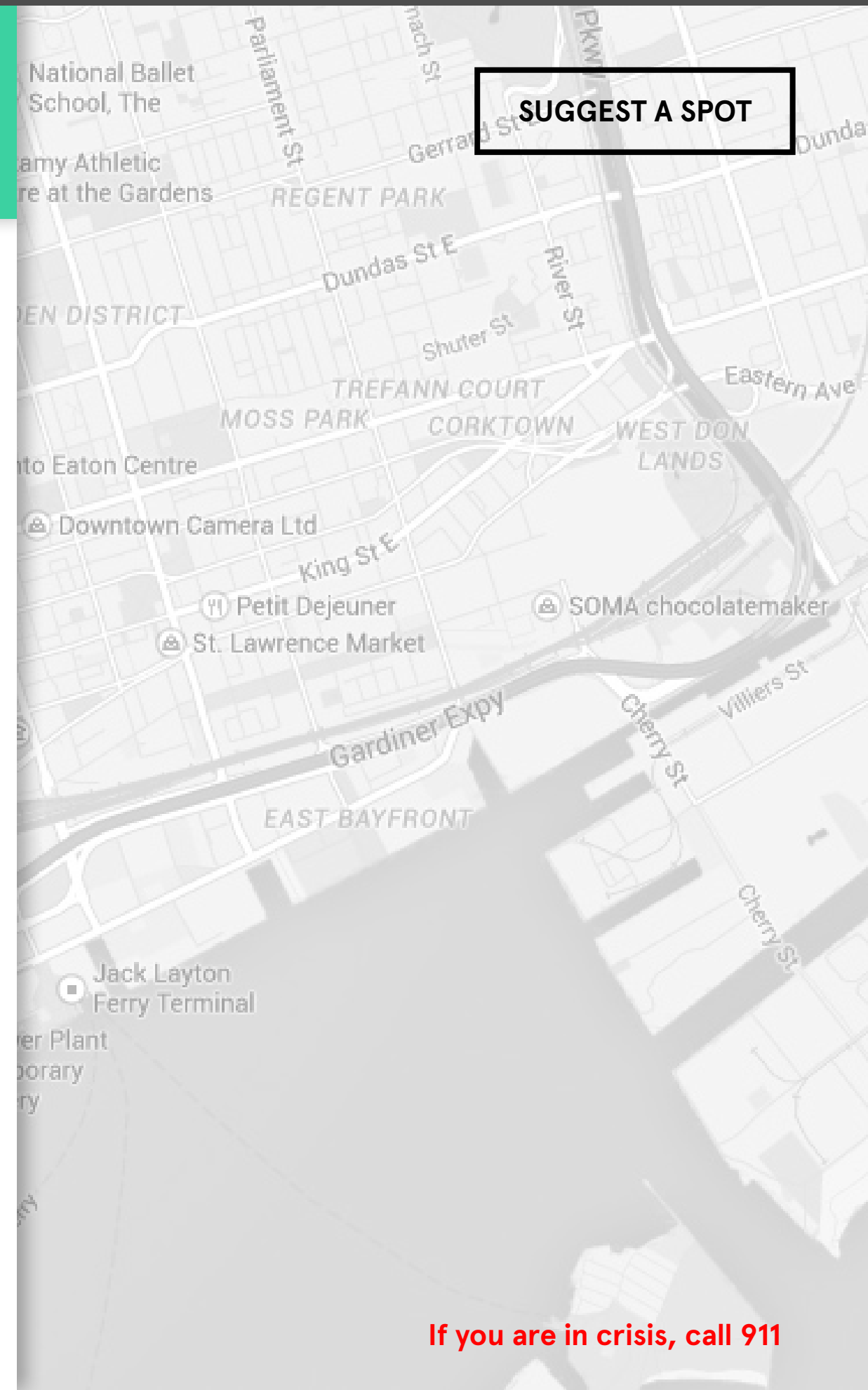
Results

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





Are you in crisis or in need
of immediate assistance?

Yes

No



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



No, I am not in crisis but I need to speak to someone.

No, I don't need to speak to someone but I am in need of information.



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