



**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
SPOT
TORONTO

Services
Problem Solving
Outings
Teaching

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



THOUGHT
SPOT
TORONTO

Services
Problem Solving
Outings
Teaching

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
SPOT
TORONTO

Services
Problem Solving
Outings
Teaching

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



search

Q

Filter 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

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

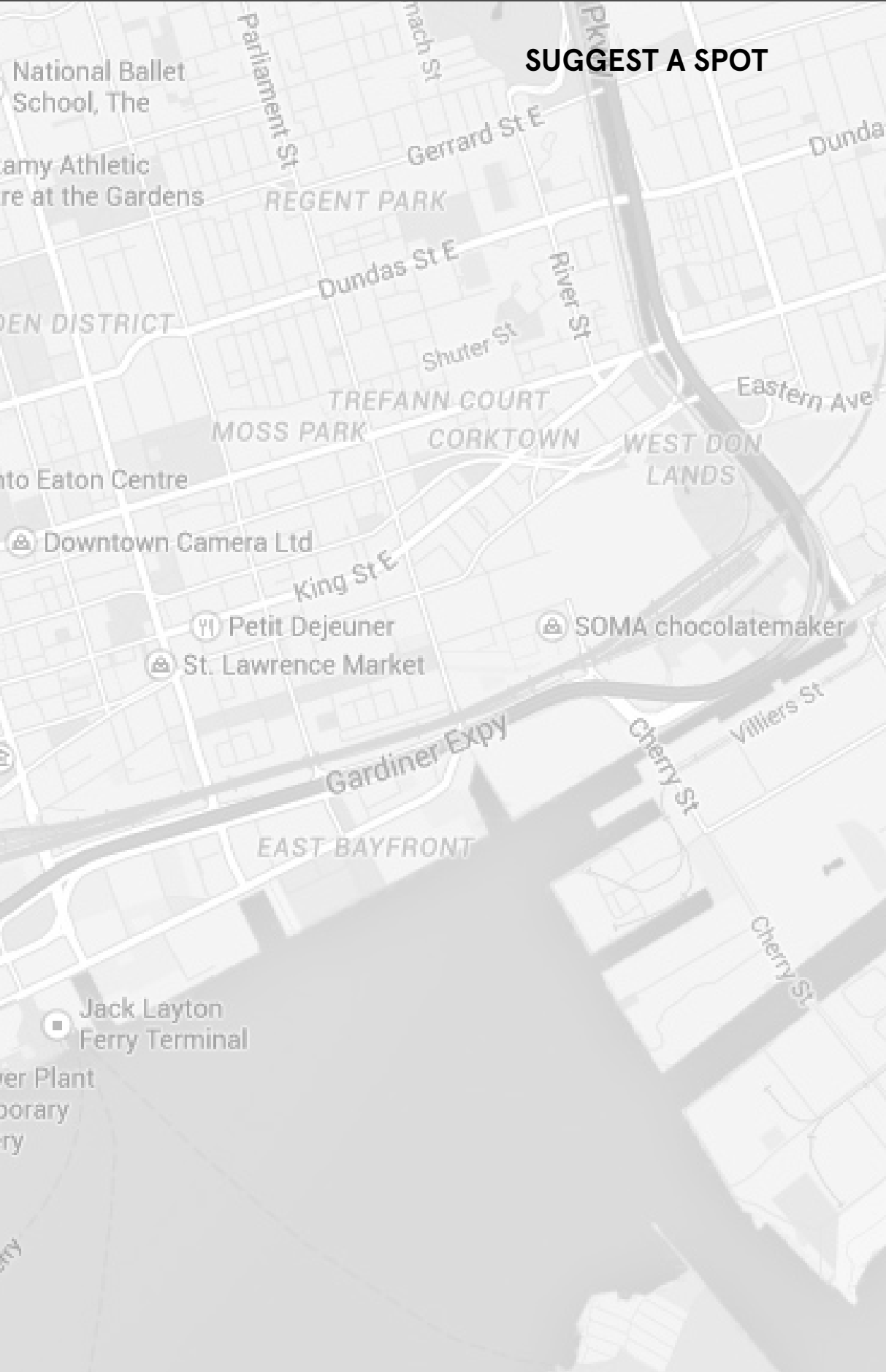
A multi-service agency
- Scarborough Hospital

Crisis Management Support Program

A multi-service agency
- Scarborough Hospital

Crisis Management Support Program

A multi-service agency





search



Filter 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

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

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:

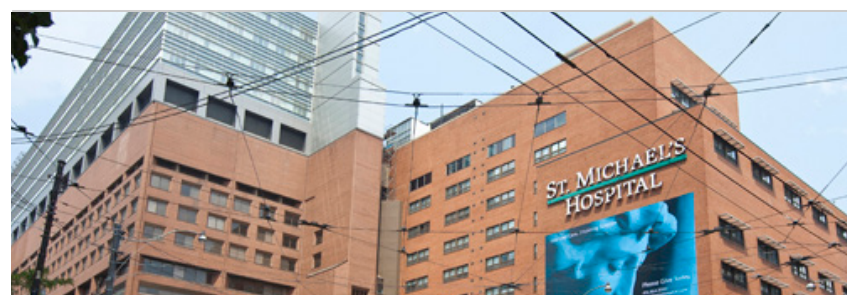
- *Assessment
- * treatment
- * support with school, work, social activities
- * family education and support



[< Back to results](#)



St. Michael's Hospital STEPS for Youth



21 McGill Street, Covenant House, Toronto

Hours of operation:

Mon-Fri 9 am-5 pm

OPEN NOW

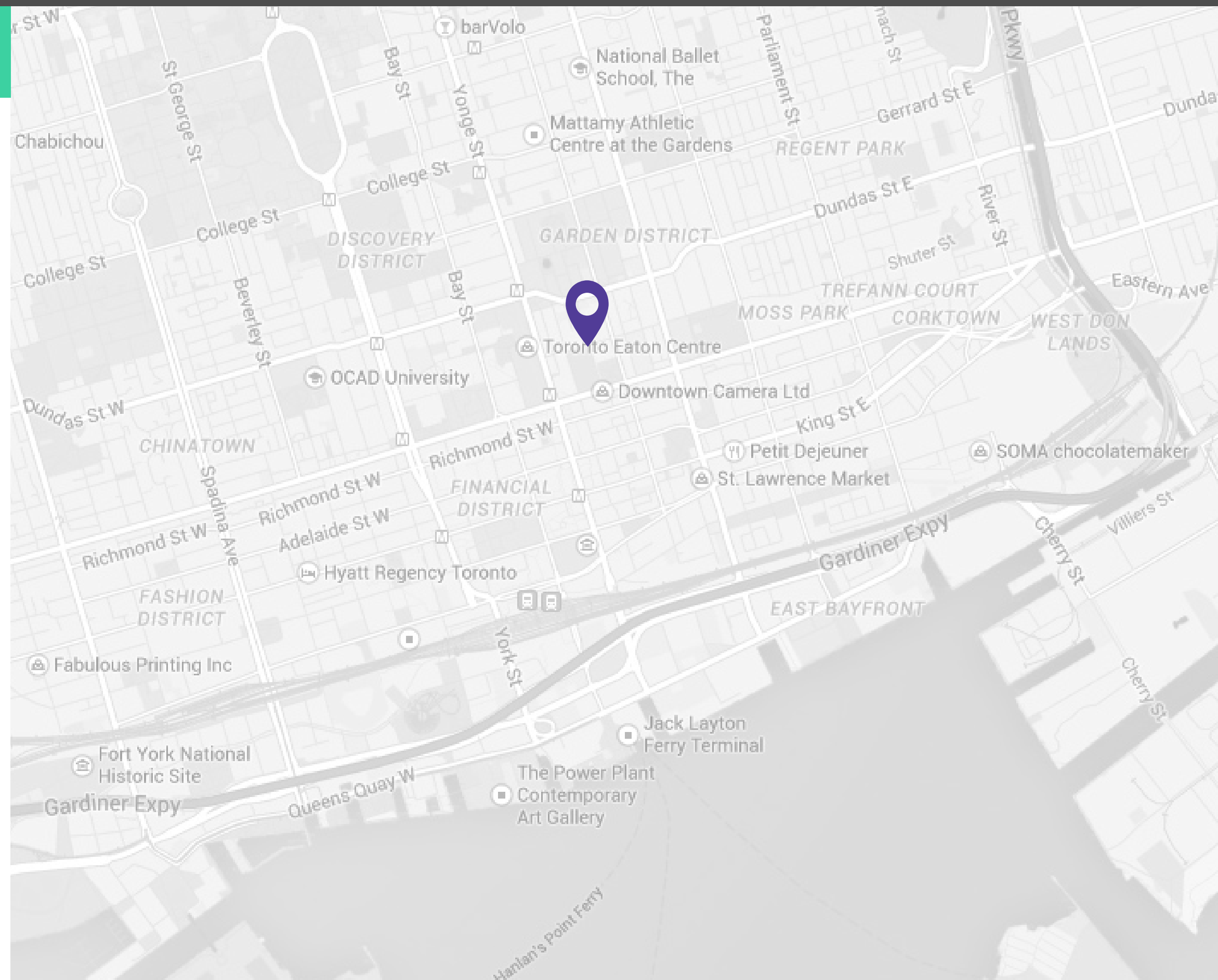
<http://www.stmichaelshospital.com/programs/mentalhealth/>

1-416-864-5120

steps@smh.ca

Services provided:

- *Assessment
- * treatment
- * support with school, work, social activities
- * family education and support
- * referral to community services





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

A crisis is a crucial, decisive moment or situation where an emotionally stressful event or traumatic change is taking place. Someone in crisis cannot wait for an appointment, and needs an immediate connection with some sort of service.

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



Identify a resource:

I am concerned with:

- ☒ Abuse (emotional, physical)
- ☐ Addictions
- ☐ Adjustment Issues
- ☐ Alcohol or Drug Abuse
- ☐ Body Image Concerns
- ☐ Careers
- ☐ Childcare
- ☐ Decision-making Issues
- ☒ Depression/Anxiety
- ☐ Disability Issues
- ☐ Eating Disorders
- ☐ Family problems
- ☐ Financial issues
- ☐ Grief and Loss
- ☐ HIV/STI Testing

Results

Additional Filtering

Age:

Gender:

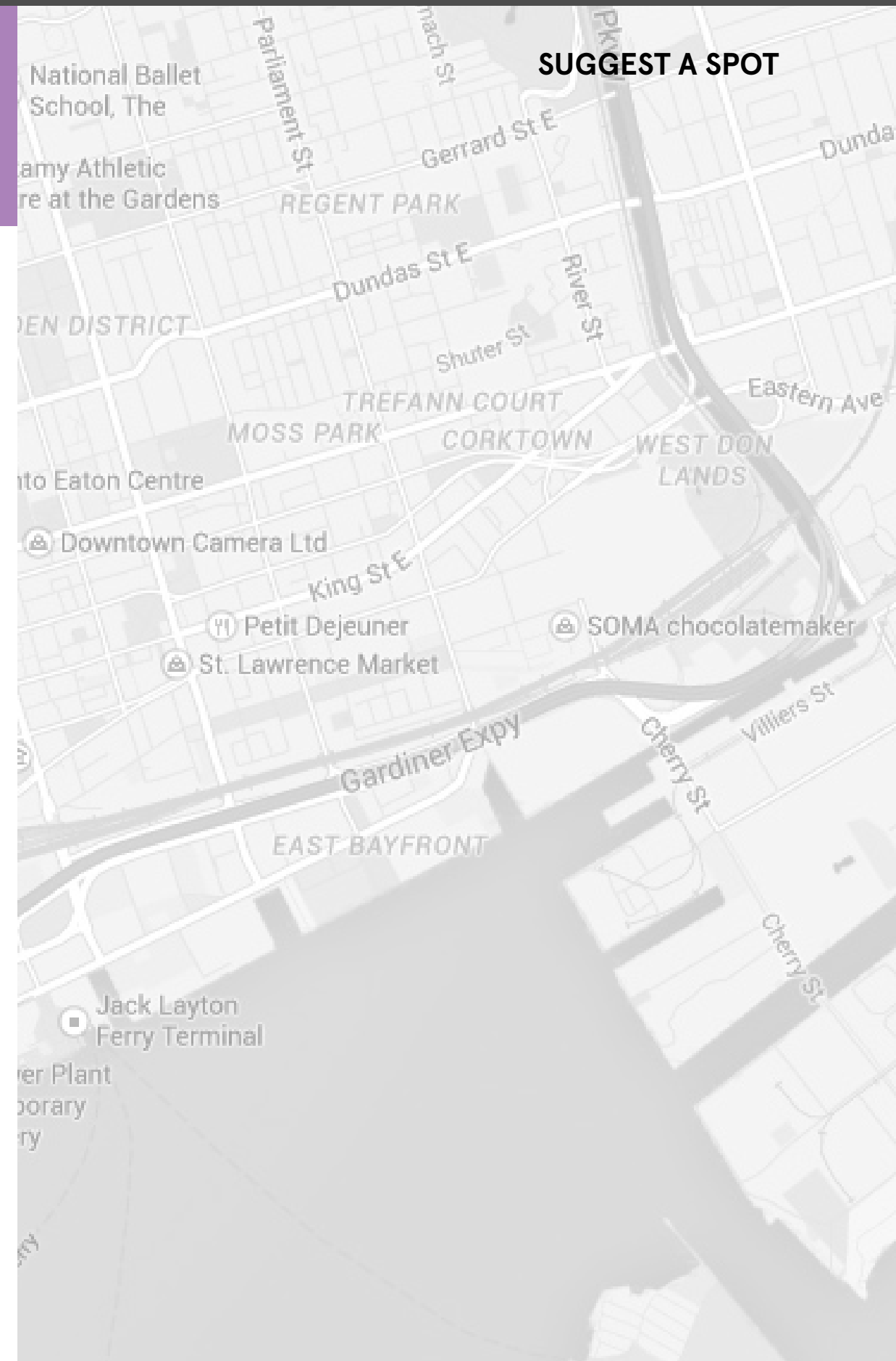
- ☐ Male
- ☐ Female
- ☐ Other:
- ☒ Rather not say

Location:

Accessibility issues:

- ☐ Vision
- ☒ Hearing
- ☐ Wheelchair

SUGGEST A SPOT





Identify a resource:

I am concerned with:

- ☒ Abuse (emotional, physical)
- ☐ Addictions
- ☐ Adjustment Issues
- ☐ Alcohol or Drug Abuse
- ☐ Body Image Concerns
- ☐ Careers
- ☐ Childcare
- ☐ Decision-making Issues
- ☒ Depression/Anxiety
- ☐ Disability Issues
- ☐ Eating Disorders
- ☐ Family problems
- ☐ Financial issues
- ☐ Grief and Loss
- ☐ HIV/STI Testing

Results

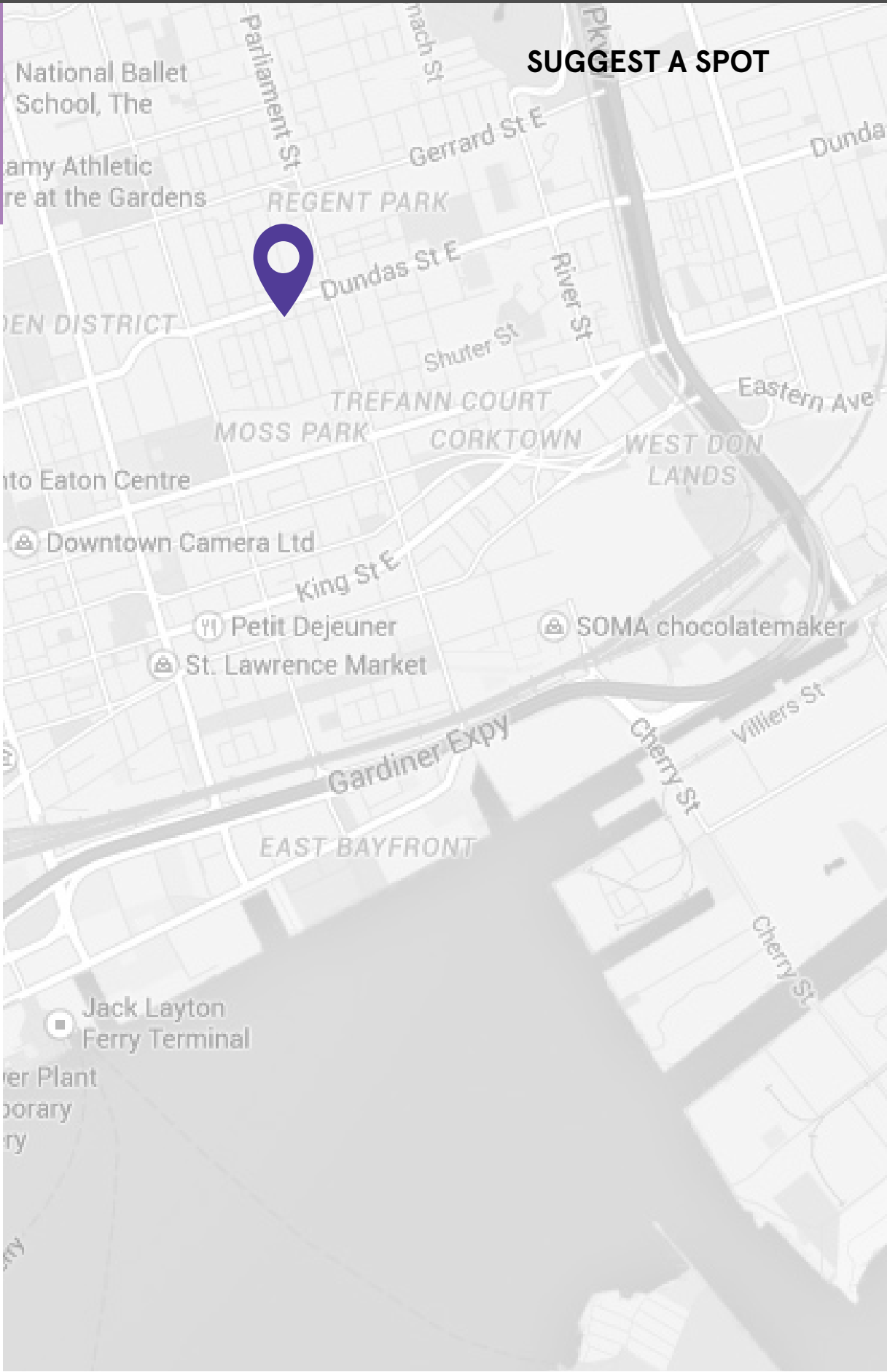
Additional Filtering +

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

Scarborough Hospital
Crisis Management Support Program
A multi-service agency





SUBMIT AN OUTING

Explore the city

search



Outing Type



Date



Neighbourhoods



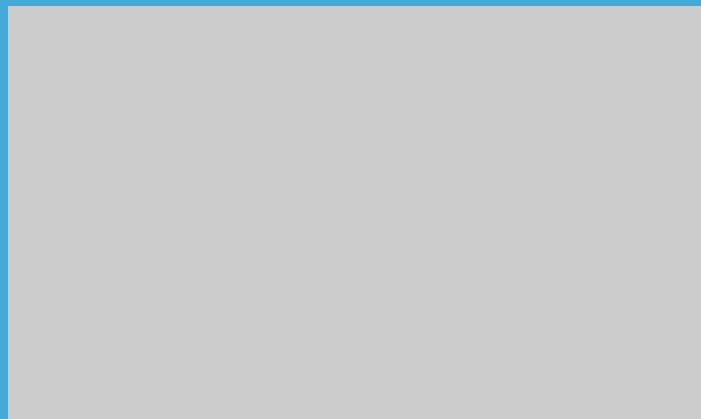
Close to Campus



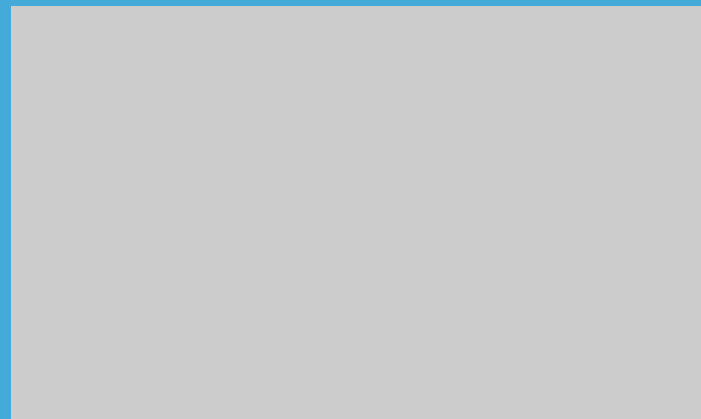
Refine

Spots

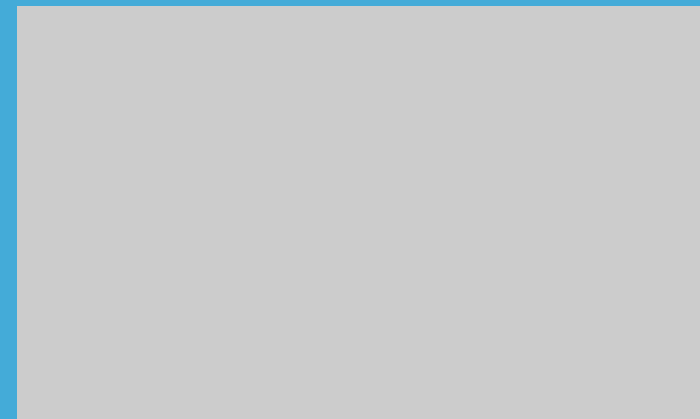
Outings



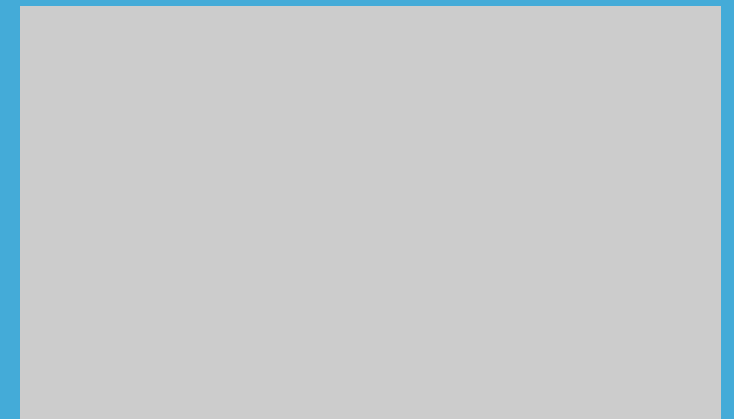
WEST-END YMCA
Health and Wellness



HIGH PARK
Parks and Recreation



AN AFTERNOON IN RIVERDALE
Parks, Cafés, Bookstores



TORONTO RAVINES
Walking paths in the Don Valley



SUBMIT AN OUTING

Explore the city

search



Outing Type



Date



Neighbourhoods

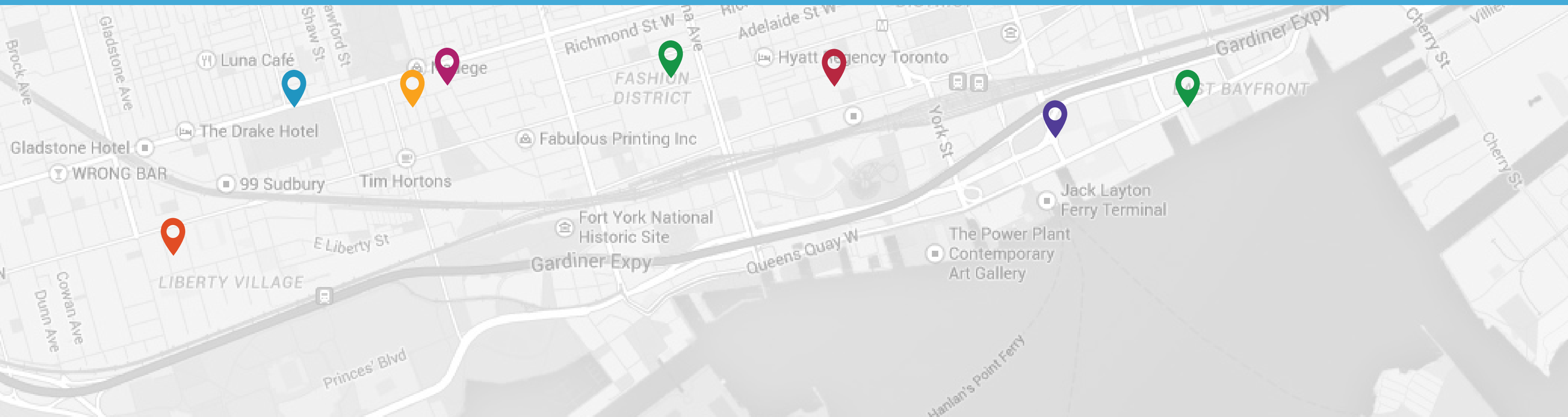


Close to Campus



Refine

[View results as list](#)





SUBMIT AN OUTING

Explore the city

search



Outing Type



Date



Neighbourhoods



Close to Campus



Refine

[View all results on map](#)

RESULTS



WEST-END YMCA
Health and Wellness

[view on map](#)



WEST-END YMCA
Health and Wellness

[view on map](#)



WEST-END YMCA
Health and Wellness



WEST-END YMCA
Health and Wellness



[< Back to results](#)

An afternoon in Riverdale

Submitted by Julia



ROOSTER CAFE

A friendly neighbourhood cafe, a good working environment.



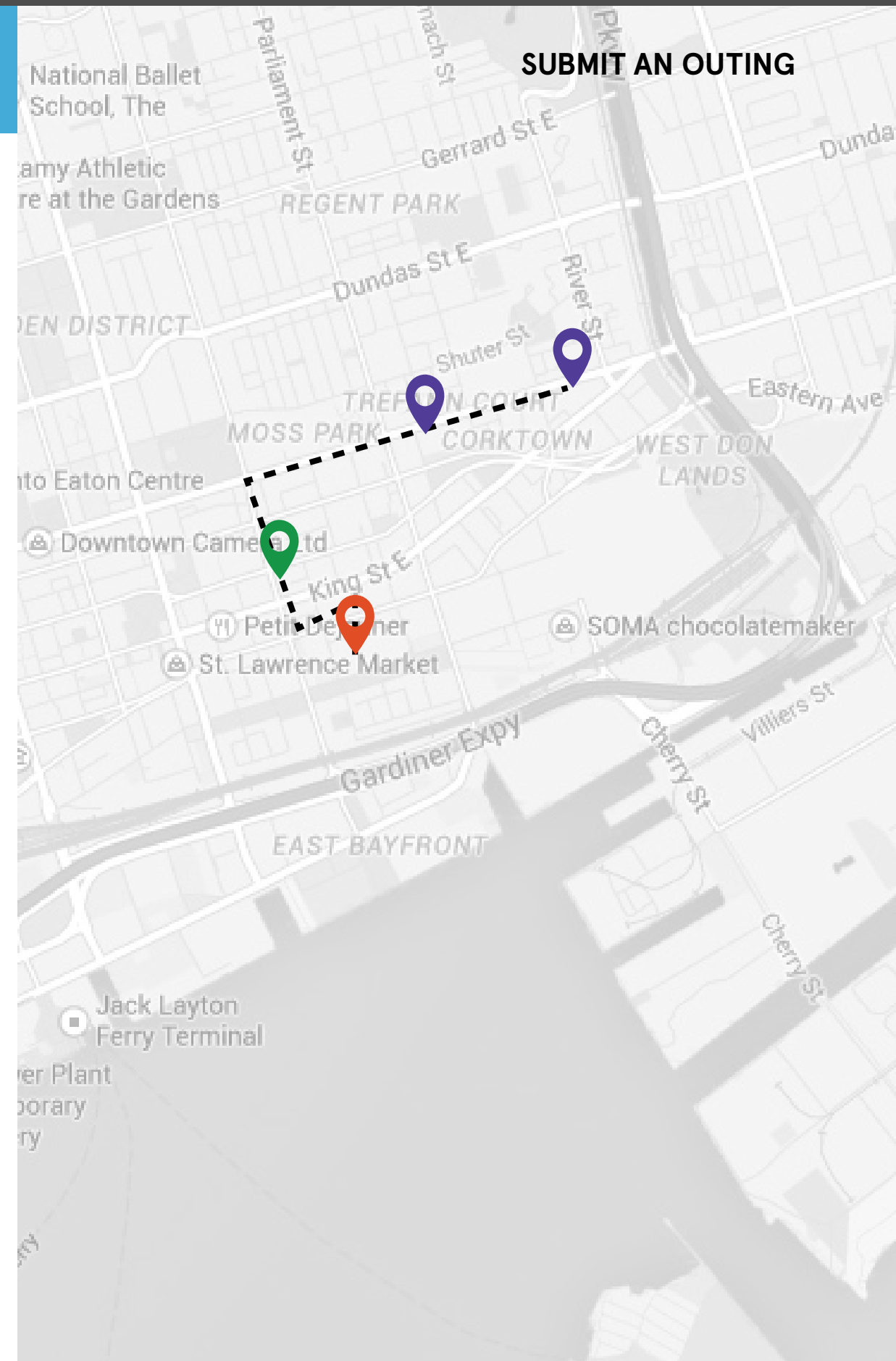
RIVERDALE PARK

A great view of the Toronto skyline, public swimming pool, baseball diamond.



BOOK CITY

Lots of books!





Browse Information

[Fact Sheet](#)

[Definitions](#)

[Media / Press releases](#)

[Printed Resources](#)



1 in 5 Canadians will experience a
mental illness in their lifetime





Browse Information

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Fact Sheet

Definitions

Media / Press releases

Printed Resources

Mental health

The World Health Organization defines mental health as: “A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” (source)

Thought Spot uses a broad definition of mental health. We believe that mental health exists on a continuum and includes how you feel and think about your life.

Mental illness

Characterized by alterations in thinking, mood or behavior associated