

MOVING FORWARD TOGETHER

The THRIVE Toronto Table is a unique space where local leaders from a broad range of services and sectors share knowledge, strategize and innovate to collectively prioritise and improve mental wellbeing across the city.

THRIVE Toronto envisions a city where all Torontonians thrive.

THRIVE
TORONTO

OUR MISSION

THRIVE Toronto works to transform Toronto into a city:

- That maximizes the potential of all its people
- With a happy, healthy, and productive workforce
- Where no one believes that suicide is the only way to deal with their problems
- Where people get the support they need to promote their mental health where and when they are in need of it.

OUR GOAL

THRIVE Toronto aims to optimise existing resources across Toronto's public and private sectors to maximise the mental well-being of all Torontonians by collective action to:

- Reduce stigma and discrimination experienced by people with mental health and addiction concerns
- Address disparities in mental health outcomes
- Co-create a mental wellbeing system in Toronto

WHAT WE DO:

Transform both Toronto's public and private sectors. THRIVE Toronto:

- Convenes
- Builds Capacity
- Coordinates
- Plans
- Collaborates
- Co-Creates

WHAT WE DO



Mental Health Literacy Resource

Reduce stigma and discrimination by increasing mental health literacy



Toronto Mental Well-being Data Report

Evidence-informed Toronto well-being system planning



Toronto Supportive Housing Growth Plan

Address disparities by enhancing supportive housing in Toronto



Comprehensive Action Plan for Equity Seeking Populations in the DTE

Address disparities by increasing access to holistic mental wellbeing supports & services in DTE neighborhood



IIMHL I-CIRCLE Coalition

Increase global mental wellbeing & thriving

HOW WE WORK

THRIVE TORONTO

- Multisectoral
- Multidisciplinary
- Collective

TRANSFORM

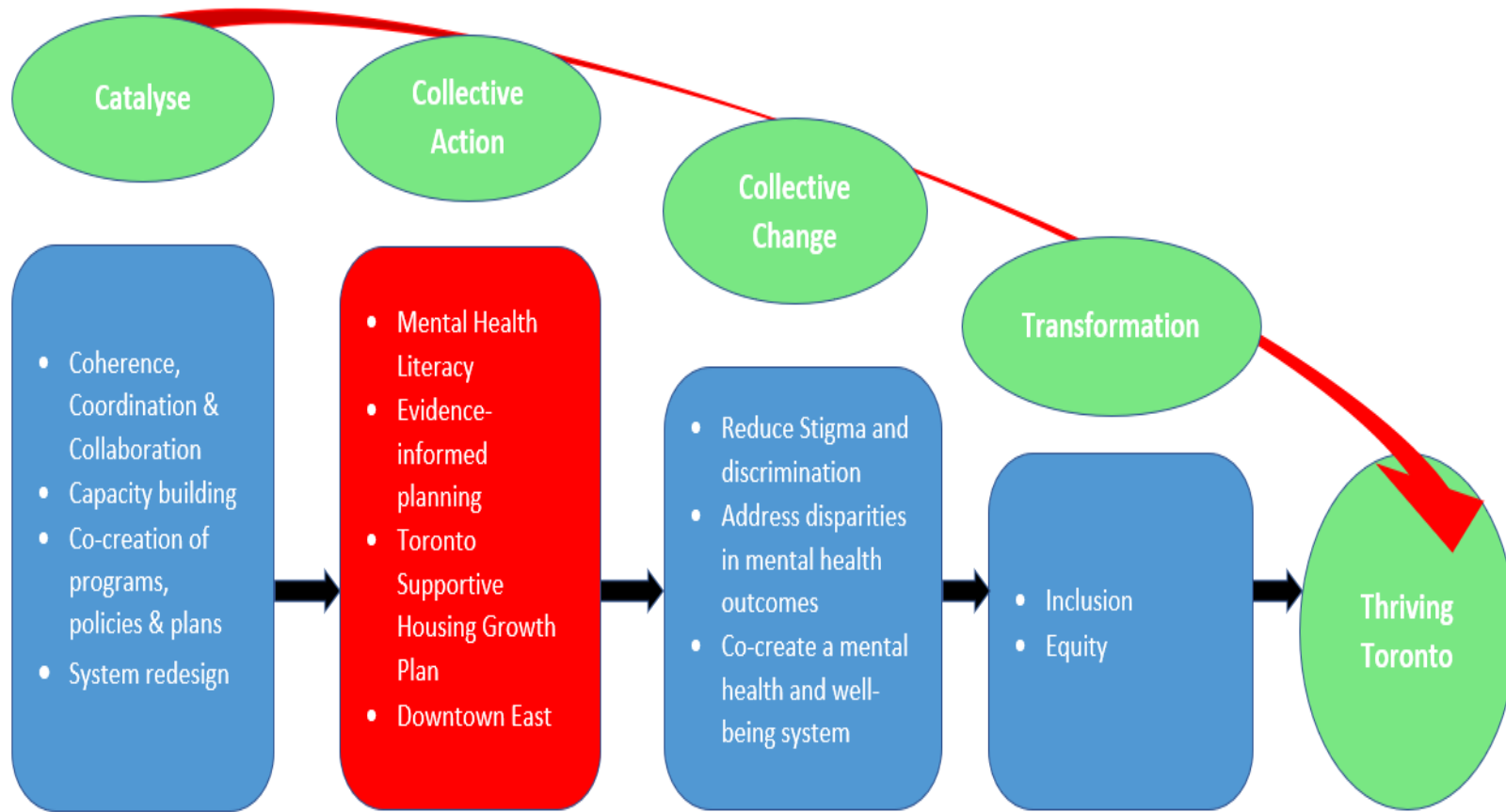
- Optimise
- Build Capacity
- Co-create

WELLBEING

- Neighbourhood
- Population
- System

THRIVE Toronto 2020

Reduce stigma and discrimination + Increase Equitable mental health outcomes + Co-create mental well-being system
= Thriving Torontonians



Approaches used by THRIVE Toronto

Evidence-informed
Life Course

Population Health
Proportionate Universalism

Social Determinants of Health
Socio-ecological

Strength-based

WHO WE ARE

THRIVE Toronto is a collaborative effort built up of:

Centre for Addiction and Mental Health,
Wellesley Institute,
Central Local Health Integration Network (LHIN),
City of Toronto,
CivicAction,
Canadian Mental Health Association Toronto,
East Metro Youth Services,
Toronto Central LHIN,
Toronto Public Health,
United Way Greater Toronto,
YMCA of Greater Toronto

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