

# CHILDHOOD ADHD

## Where to go when you're looking for help

Updated March 2025

### What is ADHD like in youth?

Attention-deficit/hyperactivity disorder (ADHD) is one of the most common disorders among young people. It affects attention span and concentration, and can also affect how impulsive and active the person is.

Most young people are, at times, inattentive, distractible, impulsive or highly active. They may have ADHD if these behaviours occur more frequently and are more severe than is considered average among young people of the same age or developmental level. A diagnosis of ADHD might also result if the behaviours persist over time and affect the person's family and their social and school life.

Studies have shown different rates of ADHD among young people, ranging from 1 to 13 per cent. ADHD is three to four times more common in boys than girls.

### What are the signs and symptoms of ADHD?

The signs and symptoms of ADHD fall into two groups: inattentive behaviours and hyperactive and impulsive behaviours:

- **inattention**—not paying attention to details and making what appear to be careless mistakes in schoolwork or other activities. The person may find it hard to stay focused on activities. They may have difficulty being organized and may often get distracted and lose things.
- **hyperactivity**—may show up as fidgeting and squirming, not being able to sit still and talking and moving around a lot.
- **impulsivity**—having difficulty waiting for a turn, blurting out answers before someone has finished asking a question, and interrupting conversation or games.

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

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## What does treatment involve?

Cognitive-behavioural therapy (CBT) can help build self-esteem, reduce negative thoughts and improve problem-solving skills. CBT can also help people learn self-control and improve their social skills.

Parents can learn how to better manage their children's behaviour by taking parent management skills training. Educators can design programs for young people with ADHD to encourage success and to address co-existing learning disabilities that students might have, such as difficulty with reading.

For more information about ADHD, visit [www.camh.ca](http://www.camh.ca) and under "Health Info," search for "[attention-deficit/hyperactivity disorder](#)" in the "Mental Illness and Addiction Index" section.

### The ADHD Clinic

124 Merton St., Suite 402, Toronto, ON M4S 2Z2

Tel.: 416 304-1779

Fax: 416 304-0257

[www.theadhdclinic.ca](http://www.theadhdclinic.ca)

**Services:** Psychoeducational assessment, cognitive-behavioural therapy, ADHD coaching (for getting organized, managing time and schedules, setting priorities), Cogmed working memory training, supportive group psychotherapy for parents, groups (e.g., meditation and yoga, mindful parenting)

**Eligibility:** Age 6+

**Referrals:** Download the [referral form](#) from the website and fax it to 416 304-0257

**Fee:** Varies depending on program and activity

**Note:** Staff speak Spanish, Mandarin, Cantonese, Punjabi, Urdu, Hindi and English

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## Child Development Institute—Learning Disabilities and Mental Health Services

197 Euclid Ave., Toronto, ON M6J 2J8

Tel.: 416 603-1827, press 3

Fax: 416 603-6655

[info@childdevelop.ca](mailto:info@childdevelop.ca)

[www.childdevelop.ca/programs/learning-disabilities-and-mental-health](http://www.childdevelop.ca/programs/learning-disabilities-and-mental-health)

**Services:** Family-centred clinical services for youth with diagnosed learning disabilities complicated by mental health issues. Services include community education, individual and family therapy and counselling, emotional regulation in children and mindfulness martial arts.

**Eligibility:** Toronto youth age 8–18 with mental health issues complicated by a learning disability

**Referral:** Range of referrals accepted, but mainly from schools. To make a referral, call 416 603-1827.

**Fee:** Varies depending on service

## Integrate Health Services

300 Rossland Rd. East, Suite 301, Ajax, ON L1Z 0M1

Tel.: 905 683-7228 ext. 4001

[support@integrate-health.ca](mailto:support@integrate-health.ca)

[www.integrate-health.ca](http://www.integrate-health.ca)

**Services:** Support groups for emotional regulation (age 6–10) and anxiety (age 8–12), individual counselling, parent education with monthly workshops, art therapy, monthly teen social night (age 10–14); partnership with [Kids Clinic](#) for ADHD assessment, diagnosis and treatment

**Eligibility:** Children/youth and their families dealing with learning disabilities such as ADHD

**Referral:** Referral required through Kids Clinic

**Fees:** Contact the agency for costs. May be covered by private insurance.

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## Kinark Child and Family Services

Many locations across Simcoe, Northumberland, York and Durham regions, as well as in Peterborough

Head office: 7271 Warden Ave., Markham, ON L3R 5X5

Tel.: 905 474-9595 or 1 888 454-6275 (central intake)

[info@kinark.on.ca](mailto:info@kinark.on.ca)

[www.kinark.on.ca](http://www.kinark.on.ca)

**Services:** Assessment, integrated treatment, workshops and services, including CBT, executive functioning therapies, family therapy for children/teens/adults with mental health issues, including ADHD

**Eligibility:** Up to age 18

**Referral:** Self-referral only. Guardian consent required for youth under age 16

**Fee:** Free

## Possibilities Clinic

1920 Yonge St., Suite 200, Toronto, ON M4S 3E2

Tel.: 1 833 482-5558 or 416 482-5558

Fax: 1 833 484-8999

[www.possibilitiesclinic.com](http://www.possibilitiesclinic.com)

**Services:** Focus Forward 360 is an assessment that includes extensive testing, data collection and clinical interviews by medical experts to diagnose an attention deficit disorder. Based on the findings, the service recommends an action plan and matches the person with psychotherapy or coaching.

**Eligibility:** Children, adolescents and adults

**Referral:** Physician referral required. The physician must complete the child and adolescent intake form: <https://secure.jotformpro.com/form/42697433912966>

**Fee:** Assessment costs \$2,500. It is often covered by private insurance plans. Post-secondary students may be eligible for an OSAP bursary that covers a portion of the cost.

## Scarborough Health Network—ADHD Clinic

2877 Ellesmere Rd., Scarborough, ON M1E 4B9

Tel.: 416 281-7301

Fax: 416 281-7464

[www.shn.ca/areas-of-care/mental-health-care/child-and-adolescent-mental-health](http://www.shn.ca/areas-of-care/mental-health-care/child-and-adolescent-mental-health)

**Services:** Assessment, diagnosis and treatment of ADHD; parent and community workshops, school support, individual and family therapy

**Eligibility:** Youth up to age 17. Must be residents of Scarborough, Ajax or Pickering.

**Referral:** Physician referral required. Download the form: [www.shn.ca/wp-content/uploads/Shoniker-Clinic-Referral-form-2021.pdf](http://www.shn.ca/wp-content/uploads/Shoniker-Clinic-Referral-form-2021.pdf)

**Fees:** Covered by OHIP. Bring Ontario health card or other health coverage information.

## Strides Toronto (formerly Aisling Discoveries Child and Family Centre)

325 Milner Ave., Suite 110, Scarborough, ON M1B 5N1

Tel.: 416 321-5464

Fax: 416 321-1510

[contactus@stridestoronto.ca](mailto:contactus@stridestoronto.ca)

<https://stridestoronto.ca>

**Services:** Group-based seminars for parents of children with ADHD held once a month on Wednesdays, 6–8 pm

**Eligibility:** Children age 4–12 with ADHD and their parents, or children in the process of being assessed for ADHD

**Referrals:** All referrals welcome, including self-referral

**Fee:** Free

## Resources

### Centre for ADHD Awareness Canada

366 Adelaide St., Suite 221, Toronto, ON M5A 3X9

Tel.: 416 637-8584 or 1 800 807-0090

[info@CADDAC.ca](mailto:info@CADDAC.ca)

<https://caddac.ca>

**Services:** Website provides ADHD education and information about diagnosis and treatment for all age groups. Access to webinars, workshops, group coaching programs for children

**Eligibility:** All age groups

**Referrals:** Self-referral

**Fee:** Depends on program or webinar. Contact the organization for details about cost.