

# ADHD IN ADULTS

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

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Attention-deficit/hyperactivity disorder (ADHD) is a highly treatable condition, and timely intervention can help individuals not only manage symptoms but often exceed their previous level of functioning. Getting a formal ADHD diagnosis is an essential first step toward understanding symptoms and accessing effective treatment. A qualified health care professional such as a licensed psychologist, psychiatrist or physician must make the diagnosis. While some online platforms offer assessments, not all providers are authorized to give clinical diagnoses, so it is important to verify credentials and ensure the practitioner is licensed in your region.

Treatment for adults with ADHD is usually found through private therapists or general mental health clinics that serve a range of issues rather than ADHD-specific clinics. These professionals may offer therapy, coaching or medication management tailored to ADHD. CAMH does not promote or endorse any particular services listed below. We encourage you to research thoroughly and ask questions about the practitioner's training, services offered and treatment costs.

## ADHD-Focused Service Directories

### ADDitude

<https://directory.additudemag.com>

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

[customerservice@additudemag.com](mailto:customerservice@additudemag.com)

**Services:** Offers a comprehensive online directory of ADHD-related professionals, including doctors, therapists, coaches and educational specialists across North America; hosts free expert-led webinars and podcasts for adults, parents and educators

**Eligibility:** Open to anyone seeking ADHD-related information

**Referral:** No referral required

**Fees:** Free access to most content, webinars and downloads; some professionals listed in the directory may charge for services

**Notes:** ADDitude does not endorse specific providers listed in its directory, and users should carefully review a professional's credentials and confirm whether they offer formal ADHD diagnosis or support services; the platform is a valuable educational resource but does not provide direct clinical care

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If any of this information is incorrect or outdated, please e-mail the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca). Visit the RBC Patient and Family Learning Space for mental health info and help finding services: <https://camh.ca/pfls>

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

## Attention Deficit Disorder Association (ADDA)

<https://add.org>

Tel.: 1 800 939-1019

**Services:** ADDA+ is a resource and community for adults living with ADHD and includes live webinars, virtual peer support groups and a searchable directory of ADHD professionals (users are encouraged to review the credentials of listed professionals carefully, as some are licensed to provide formal ADHD diagnoses, while others offer coaching, therapy or general support services)

**Eligibility:** Anyone wanting to explore ADHD-related resources and supports

**Referral:** No referral required

**Fees:** Different membership packages offered, each with varying costs

**Notes:** Offers a free ADHD test using the World Health Organization's Adult Self-Report Scale (ASRS-v1.1), which is a useful first step, though not a formal diagnosis; a volunteer-run organization with no physical office or staff, so responses may not be immediate

## Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

<https://chadd.org>

Tel.: 301 306-7070

**Services:** Offers educational resources specifically for adults living with ADHD, including articles, webinars and podcasts on topics like work, relationships and daily life; the site also features tools for self-advocacy and finding support, along with a directory to help adults connect with local ADHD-informed professionals

**Eligibility:** Adults living with ADHD and their caregivers or partners

**Referral:** No referral required

**Fees:** Most online resources are free; memberships offer access to exclusive tools and community events

**Notes:** Use CHADD's directories to find local ADHD support services, clinics, counsellors and professionals, including those focused on adult care

## Centre for ADHD Awareness Canada (CADDAC)

366 Adelaide Street East, Suite 221, Toronto

<https://caddac.ca>

Tel.: 416 637-8584

**Services:** General information about ADHD for all ages, an ADHD resource navigator, webinars, support groups, coaching programs and workshops

**Eligibility:** Open to individuals of all ages affected by ADHD, as well as caregivers, educators and professionals

**Referral:** No referral required

**Fees:** Many resources are free; some programs, workshops or coaching sessions may have associated costs (details available on the website)

**Notes:** To explore local ADHD clinics and providers available, please refer to the Find a Resource section on the website

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## Psychology Today

[www.psychologytoday.com/ca/therapists/on/toronto?category=adhd](http://www.psychologytoday.com/ca/therapists/on/toronto?category=adhd)

**Services:** A searchable directory of therapists in Toronto who specialize in ADHD that can be filtered by location, specialty, therapy type and availability (a helpful starting point for finding therapists, counsellors, psychologists and coaches who work with ADHD-related concerns)

**Eligibility:** Varies depending on provider

**Referral:** No referral required

**Fees:** Costs may differ depending on the provider and services offered

**Notes:** Some profiles may clearly state whether the provider offers diagnostic services, but others may not (it is essential to review credentials carefully and reach out directly to confirm)

## ADHD Resources and Education

### Centers for Disease Control and Prevention (CDC)

[www.cdc.gov/adhd/communication-resources/index.html](http://www.cdc.gov/adhd/communication-resources/index.html)

**Services:** Offers a curated collection of free evidence-based materials to support ADHD awareness and education; resources include fact sheets, infographics, videos, podcasts and toolkits designed for families, educators, health care providers and public health professionals

**Eligibility:** Open to anyone seeking reliable ADHD-related information or communication tools

**Referral:** No referral required

**Fees:** Free

**Notes:** This is a US government-based informational platform that does not provide clinical services or formal ADHD diagnoses

### HeretoHelp

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

**Services:** Provides free evidence-based resources, including accessible information on ADHD for both children and adults, helping users understand symptoms, challenges and treatment options

**Eligibility:** Open to anyone interested in learning more about ADHD and related mental health conditions

**Referral:** No referral required

**Fees:** Free

**Notes:** This platform is informational only and does not offer clinical services or direct diagnosis

### JVS Toronto

74 Tycos Drive, Toronto

[www.jvstoronto.org/?s=ADHD](http://www.jvstoronto.org/?s=ADHD)

Tel.: 416 787-1151

[services@jvstoronto.org](mailto:services@jvstoronto.org)

**Services:** Helps adults with learning disabilities, including ADHD, build skills for securing meaningful employment and involves return-to-work plans, employment skills workshops, job search support and assistance with disability disclosure to employers

**Eligibility:** Adults with learning disabilities, ADD or ADHD

**Referral:** No referral required

**Fees:** Free

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## Learning Disabilities Association of Ontario (LDAO)

365 Evans Avenue, Suite 202, Toronto

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

Tel.: 416 929-4311

**Services:** Offers online workshops and courses, including a workshop for adult learning styles; online information about ADHD and learning disabilities; their programs support families, educators and professionals through advocacy, signature services and evidence-based tools

**Eligibility:** People with learning disabilities and ADHD, and their parents and teachers

**Referral:** No referral required

**Fees:** Depends on the type of workshop (contact the organization for details about cost)

## Strides Toronto

100 Consilium Place, Suite 600, Toronto

<https://stridestoronto.ca>

Tel.: 416 438-3697

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

**Services:** Provides monthly (September–May) virtual ADHD seminars for parents and caregivers of children ages 4 to 12 who may be struggling with ADHD; helps families better understand ADHD symptoms and research and the impact on learning and behaviour

**Referral:** No referral required

**Fees:** Free

**Notes:** This platform is informational only and does not offer clinical services or direct diagnosis

## Totally ADD

<https://totallyadd.com>

[customersupport@totallyadd.com](mailto:customersupport@totallyadd.com)

**Services:** Canadian-based online platform that uses humour and storytelling to educate and empower adults living with ADHD; offers a wide range of engaging resources, including videos, blog posts, downloadable guides and documentary films that explore the ADHD experience

**Eligibility:** Open to adults with ADHD, their families, employers and professionals seeking relatable, informative content

**Referral:** No referral required

**Fees:** Free

**Notes:** This is an informational platform and does not provide clinical services or direct diagnosis

## Understood

[www.understood.org/en](http://www.understood.org/en)

**Services:** US-based non-profit that provides free expert-reviewed resources for individuals with learning and thinking differences, including ADHD; offers articles, podcasts, videos, downloadable tools and interactive lessons for adults

**Eligibility:** Open to anyone seeking information or support related to ADHD and learning differences

**Fees:** Free

**Notes:** This is an informational platform and does not provide clinical services or direct diagnosis

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