

ADHD IN CHILDREN

Where to go when you're looking for help

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Attention-deficit/hyperactivity disorder (ADHD) is a common neurodevelopmental condition that affects attention, impulse control and activity levels in children and youth. While all young people may occasionally be distractible or energetic, ADHD is diagnosed when these behaviours are significantly more frequent, intense and persistent than typical for their age. Symptoms must appear in more than one setting, such as home and school, and interfere with daily functioning, including learning, relationships and emotional well-being. ADHD affects an estimated 5 to 9 per cent of Canadian children, and is diagnosed more often in boys than girls, though girls may be underdiagnosed due to less overt symptoms.

When seeking an ADHD diagnosis or support for your child, it's important to make sure the provider is licensed and qualified to work with children. Only professionals like pediatricians, psychologists or psychiatrists can make formal diagnoses. If you're considering therapy, coaching or tutoring, ask about the provider's training in child development and ADHD. CAMH does not promote or endorse any particular services listed below. We encourage families 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>

<https://www.additudemag.com>

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, and provides articles focused on parenting children with ADHD, managing behaviour at home and school, and navigating individual education plans (IEPs)

Eligibility: Open to parents, caregivers, educators and families seeking information or services for children with ADHD

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 and families should verify a professional's credentials and confirm whether they offer formal ADHD assessments or child-focused support; the platform is a valuable educational resource but does not provide direct clinical care

If any of this information is incorrect or outdated, please e-mail the information to us at 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.

American Academy of Child and Adolescent Psychiatry (AACAP)

www.aacap.org/AACAP/Families_and_Youth/Resources/CAP_Finder.aspx

Tel.: 202 966-7300

Services: A US-based searchable directory of board-certified child and adolescent psychiatrists, helpful for finding specialists in diagnosing and treating ADHD in children

Eligibility: Parents and caregivers seeking licensed mental health professionals for children and teens

Referral: No referral required

Fees: Varies by provider

Notes: Focused on psychiatrists (not coaches or therapists), so this resource is best for families seeking medical or diagnostic care; while it's a helpful starting point, families should consider other factors and do further research when choosing a provider, as the directory provides only limited information

Attention Deficit Disorder Association (ADDA)

<https://add.org>

Tel.: 1 800 939-1019

Services: ADDA+ is a resource and community for those 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); while ADDA is focused on adult ADHD, some professionals listed in their directory also support children and families

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

Referral: No referral required

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

Notes: 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 a wide range of resources for families, caregivers and educators supporting children with ADHD, including guides on behaviour strategies, school accommodations, parenting tips and webinars; their directory helps families find local clinics, counsellors and services for children and teens

Eligibility: Children and teens with ADHD, their families and school staff

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, professionals or educational consultants, including those focused on child and teen care

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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

Psychology Today

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

Child Development Institute (CDI)

197 Euclid Avenue, Toronto

<https://childdevelop.ca>

Tel.: 416 603-1827

info@childdevelop.ca

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, ages 8 and 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

Fees: Varies depending on service

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Centers for Disease Control and Prevention (CDC)

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

Integrate Health Services

300 Rossland Road East, Suite 301, Ajax

<https://integrate-health.ca>

Tel.: 905 683-7228

support@integrate-health.ca

Services: Support groups for emotional regulation (ages 6–10) and anxiety (ages 8–12), individual counselling, parent education with monthly workshops, art therapy, monthly teen social night (ages 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)

HeretoHelp

www.heretohelp.bc.ca

Services: Provides free evidence-based resources, including accessible information on ADHD for children, helping families 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

Strides Toronto

100 Consilium Place, Suite 600, Toronto

<https://stridestoronto.ca>

Tel.: 416 438-3697

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

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