



Resources for Neurodivergent Adults & Caregivers

ABOUT THIS GUIDE

Neurodiversity is the idea that people's brains naturally work in different ways. Instead of seeing these differences only as problems or disorders, neurodiversity recognizes them as a normal part of human diversity. Neurodivergent people include those who have a formal diagnosis (such as autism or ADHD) as well as people who identify with these differences based on how they think, learn, behave, or experience the world. Many resources in this guide are available to people who have a formal diagnosis and people who self-identify.

TOPICS COVERED

01 Psychological Assessments & Psychotherapy

02 Wellness Tools & Resources

Disclaimer

The CAMH Adult Neurodevelopmental Service (ANS) does not endorse or recommend any of the resources/providers listed and cannot vouch for the competency, education, and experience of the providers associated with any of these agencies.

It is recognized that this is not a complete list of resources. This list provides resources and information for individuals who are neurodivergent. Some resources may refer to autistic adults and/or ADHD adults specifically. However, if you identify as neurodivergent outside one of those groups you may still find this information beneficial and many of the resources listed do not require a formal diagnosis.

PSYCHOLOGICAL ASSESSMENTS & PSYCHOTHERAPY

What is psychotherapy?

Psychotherapy is a type of treatment that helps people improve their mental health and well-being. A trained mental health professional uses research-based techniques to help people develop more effective habits. Psychotherapy is a collaboration between a person and their therapist. Many therapists combine different treatment approaches and adjust their methods to fit each person's unique needs. When choosing a therapist, you can ask about the types of therapy they use and how they approach treatment.

Who provides psychotherapy?

Psychotherapy is provided by a variety of health care professionals including psychiatrists, general physicians, psychologists, psychotherapists, social workers, nurses, occupational therapists, and counsellors.

What is the cost?

OHIP covers sessions conducted by a psychiatrist or a general practitioner. However, waitlists for these services are often long. It is often easier to book sessions with a private psychologist or psychotherapist. While OHIP does not cover these services many extended health care plans cover some of the cost. Some community agencies also offer services and programs free of charge or at a lower rate than it would be if accessing similar services through private practitioners.

Do I need a referral?

Most clinics accept self-referrals, some might require a referral from a family physician. To submit a claim, insurance companies usually require a physician referral for psychotherapy.

For More General Information

- Please check out **ConnexOntario** by calling 1-866-531-2600 or visiting <https://connexontario.ca>.
- You can also check out **211 Ontario** by calling 2-1-1 or visiting <https://211ontario.ca/search>.

PSYCHOLOGICAL ASSESSMENTS & PSYCHOTHERAPY

ADULT AUTISM ASSESSMENT DIRECTORY

Autism Ontario

- 📞 416-246-9592
- ✉️ info@autismontario.com
- 🌐 <https://www.autismontario.com/programs-services/adults/adult-diagnosis>

NEURODIVERSITY PRIVATE PRACTICES

Psychological and mental health supports that are neurodivergent specific. Services range from assessments, individual therapy/counselling, group therapy, peer groups, and more. Some of these practices also provide psychological assessments.

The ADHD Space

- ✉️ admin@adhdspace.ca
- 📄 <https://www.adhdspace.ca/contact>

Autism Wellness

- 📞 416-260-5832 ext. 800
- ✉️ info@autismwellness.ca
- 📄 <https://www.autismwellness.ca/contact>

Blue Sky Learning

- 📞 1-437-291-8807
- ✉️ hello@blueskylearning.ca
- 🌐 <https://www.blueskylearning.ca>

Dori Zener & Associates

- 📞 647-560-3300
- 📍 TS Medical Centre, 692 Euclid Avenue,
Toronto (In-Person & Virtual)
- ✉️ info@dorizener.com
- 📄 <https://www.dorizener.com/contact>

Tip

If you are enrolled in post-secondary education, ask your school's Accessibility Centre about any options for funding to support an assessment.

PSYCHOLOGICAL ASSESSMENTS & PSYCHOTHERAPY

NEURODIVERSITY PRIVATE PRACTICES (CONT.)

Flourish Health Services

-  416-694-3456
-  2243 Queen Street East, 2nd Floor, Toronto (In-Person and Virtual)
-  admin@flourishhealthservices.ca
-  <https://www.flourishhealthservices.ca/contact>
-  <https://www.flourishhealthservices.ca/adult-therapy-assessment-services>

The Redpath Centre

-  416-920-4999
-  40 Holly Street, Suite 201, Toronto (In-Person)
-  <https://redpathcentre.ca/services>

Scattergram Counselling & Consulting

-  Toronto (Virtual)
-  <https://scattergramcc.com/contact>

MENTAL HEALTH COUNSELLING & THERAPIST DIRECTORIES

Affordable Therapy Network

-  <https://affordabletherapynetwork.com>
-  Database to search for low cost counselling

Psychology Today

-  <https://www.psychologytoday.com/ca>
-  Database to search for mental health professionals across Canada.

PSYCHOLOGICAL ASSESSMENTS & PSYCHOTHERAPY

WALK-IN COUNSELLING SERVICES

Family Service Toronto Walk-In Counselling

-  416-595-9618
-  Etobicoke, Scarborough, Toronto (In-Person & Virtual)
-  <https://familyservicetoronto.org/our-services/programs-and-services/walk-in-clinic>

The What's Up Walk-In Clinic

-  Varies by Location
-  Etobicoke, North York, Scarborough, Toronto (In-Person & Virtual)
-  <https://www.whatsupwalkin.ca/how-it-works>

WoodGreen's Walk-In Counselling

-  416-645-6000
-  815 Danforth Avenue, Toronto (In-Person & Virtual)
-  wic@woodgreen.org
-  <https://www.woodgreen.org/programs/walk-in-counselling-wic>

OHIP-COVERED PSYCHOTHERAPY

Ontario Structured Psychotherapy Program

-  Varies by Region and Location
-  Ontario, Canada (In-Person & Virtual)
-  <https://www.ontariohealth.ca/clinical/mental-health-addictions/structured-psychotherapy>

WELLNESS TOOLS & RESOURCES

Many adults explore an autism assessment to better understand themselves, make sense of lifelong experiences, or address challenges that are affecting their daily lives.

Common reasons include:

- Mental health concerns
- Difficulties with social connection
- Challenges with organization and executive functioning
- Sensory processing differences

While an assessment can provide valuable information, there are also practical strategies and resources that may help with some of the concerns that lead people to seek an assessment. The resources in this section offer information, tools, and strategies that may help you better understand and manage these experiences. These wellness tools can support your day-to-day well-being and help you identify approaches that work best for you.

Please Note

If you or someone you know is in crisis or feel that their safety is at risk, please call 9-1-1 or visit your nearest Emergency Department.

GENERAL INFORMATION

AIDE Canada

 <https://aidecanada.ca>

 A network that connects people to information and resources. Delivering credible, reliable, and evidence-informed resources in an unbiased and accessible way.

WELLNESS TOOLS & RESOURCES

PEER SUPPORTS

Collaborative Learning College

 <https://clc.camh.ca>

 Offers nonclinical-based education and training programs. Co-created and co-led by people with lived experience of mental health and/or addiction challenges and/or social services use. Including peer support groups! They are free, adaptable to local needs and resources.

Support House

 <https://supporthouse.ca/peer-services>

 Offers free, wellness-focused peer support for adults with lived experience of mental health and substance use challenges. Programs include virtual and in-person support groups, workshops, and social activities that foster connection, recovery, and well-being in a safe, welcoming environment.

SELF-CARE STRATEGIES

Goblin Tools

 <https://goblin.tools>

 A variety of tools to help with managing to-do lists, estimating time required, understanding and adjusting tone of written communication, and cooking.

Mental Health Literacy Guide for Autism: Strategies to Promote Well-Being*

 https://www.yorku.ca/health/lab/ddmh/wp-content/uploads/sites/407/2021/04/Mental-Health-Literacy-Guide-for-Autism_Section-6.pdf

 Learn about factors that impact well-being, ways to support physical and emotional health, build resilience, and manage life's challenges. Tips to develop a self-care plan with daily strategies that can improve overall well-being and reduce the effects of stress.

* This resource specifically refers to autism, but some of the strategies shared might still be helpful to the wider neurodivergent community.

CONTACT US

If you would like to share feedback about your experience or discuss your concerns further, you may also contact CAMH's Patient and Family Experience Office at pfe@camh.ca.