

# ADHD IN ADULTS

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

### ADHD Organizations with Service Directories

Most treatment options for adults with ADHD are available not at ADHD-specific clinics, but through private therapists and clinics that offer mental health services for a range of issues. We do not promote or endorse any of the clinics, agencies or coaches listed here. Rather, we encourage you to research the various options, and ask as many questions as you need to about the practitioner's training, the cost and the kind of service they are offering.

#### Attention Deficit Disorder Association

<https://add.org>  
1 800 939-1019

**Services offered:** Listings for live webinars, along with a directory of ADHD professionals, virtual peer support groups and workshops under "Resources" on their website

**Fee:** Cost for an ADDA membership is \$50

**Note:** ADDA is a volunteer-run organization with no physical office or staff, so response will likely not be immediate.

#### Centre for ADHD Awareness Canada

<https://caddac.ca>

**Services offered:** Listings for support groups and advocates, as well as clinics and coaches (under "Resources" on their website), along with information on adult ADHD (under "Understanding ADHD") about symptoms, diagnosis/assessment, treatment and ADHD in the workplace.

---

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at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.*

**camh**

## ADHD Assessment and Treatment

### The ADHD Clinic

1849 Yonge St., Suite 711, Toronto, ON

416 304-1779

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

**Services offered:** Psychoeducational assessments, 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 to adult

**Referrals:** Download the referral form from the website and fax it to 416 304-0257.

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

### Centre for Interpersonal Relationships

267 O'Connor St., Suite 600, Ottawa, ON

790 Bay St., Suite 520, P.O. Box 87, Toronto, ON

1 855 779-2347

<https://www.cfir.ca/AttentionDeficitADHD.php>

[ottawa.admin@cfir.ca](mailto:ottawa.admin@cfir.ca) (Ottawa)

[toronto.admin@cfir.ca](mailto:toronto.admin@cfir.ca) (Toronto)

**Services offered:** Attention deficit and ADHD assessment service offering two types of assessment: a brief assessment that assesses whether the person has ADHD and makes general recommendations; and a more comprehensive ADHD assessment that includes a report. The service also provides ongoing therapy.

**Eligibility:** Adults (and children and adolescents) with attentional issues or disorders

**Referral:** You or a family member can contact them directly; health care professionals, teachers and others can also refer clients with attentional issues or mental health problems resulting from attentional problems. To schedule an initial session, complete an intake form (see <https://www.cfir.ca/InitialRequest.html>) or call the phone number above.

**Fee:** Free 30-minute initial consultation. Other services are not covered by OHIP but may be covered by an extended health insurance plan. The brief assessment costs about \$1,600 and the comprehensive one costs \$3,200. The cost of ongoing therapy ranges, depending on the therapist: price ranges from \$70 to \$225 per hour.

### JVS Toronto

74 Tycos Dr., Toronto ON

[www.jvstoronto.org/assessments/asd-adhd-anxiety](http://www.jvstoronto.org/assessments/asd-adhd-anxiety)

416 649-1600

**Services offered:** Cogmed Working Memory Training for ADHD

**Eligibility:** Children, adolescents and adults with memory deficits, including those with ADHD and some learning disabilities

**Fee:** \$1,700

### Possibilities Clinic

55 Eglinton Ave., Suite 305, Toronto, ON

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

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

416 482-5558

**Services offered:** ADHD assessment and follow-up medication consult, if needed

**Fee:** \$1,200 for assessment, with a free (OHIP-covered) medication consultation if the assessment is conducted at the clinic; \$300 medication consultation if assessment is done elsewhere

## Springboard

1055 Yonge St., Toronto ON

416 901-3077

[www.springboardclinic.com/our-services/assessment](http://www.springboardclinic.com/our-services/assessment)

**Services offered:** An ADHD or mental health assessment is conducted by a team of specialists who generate a complete medical and psychological assessment of attention and mental status and well-being.

**Eligibility:** Youth and adults age 18 and older

**Fee:** \$1,928.50

**Note:** People who are unable to travel to the clinic and are residents of Ontario may complete the assessment online.

## Sunnylea Centre

190 Sherway Dr., Suite 306, 3rd floor, Toronto ON

647 499-6401

[www.sunnyleacentre.ca/index.php/services/assessment](http://www.sunnyleacentre.ca/index.php/services/assessment)

**Services offered:** Psychodiagnostic assessments to identify anxiety, depression, ADHD and obsessive-compulsive disorder. A psychologist does the assessment over two or three sessions and can make a formal diagnosis.

**Referral:** No formal referral process is necessary. People can self-refer by calling to schedule an appointment, but family physician referrals are also welcome.

**Fee:** Services are not covered under OHIP: contact the clinic for costs.

## Learning Difficulties

### Learning Disabilities Association of Ontario

365 Evans Ave., Suite 202, Toronto, ON

416 929-4311

[resources@LDAO.ca](mailto:resources@LDAO.ca)

**Services offered:** Online workshops and courses, including an online workshop on adult learning styles; Online information about ADHD and learning disabilities

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

**Cost:** \$25 for adult learning styles workshop

.

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