

Curious about ADHD?

In the spirit of ADHD Awareness Month, this resource list is here to help you navigate possible next steps in exploring neurodiversity.

If you want to learn more about ADHD:

	The <u>Adult ADHD Self-Report Scale (ASRS)</u> can be done by anyone, anytime. It can help you understand how ADHD symptoms may be present in your day-to-day life, and help you decide if you could benefit from additional support.	
	The <u>Centre for ADHD Awareness Canada</u> – A national organization providing ADHD awareness, education, and advocacy. Programs include free, virtual peer-facilitated support groups for caregivers of children with ADHD, adults with ADHD, and youth with ADHD, anywhere in Canada. They also have ADHD facts, free webinars, personal stories, newsletters, and information on ADHD Awareness Month.	
	The <u>ADDitude Network</u> – A platform for ADHD awareness, community, and education, including webinars, downloadable resources, newsletters, community discussions, personal blogs and stories, and a practitioner directory.	
	<u>ADHD Awareness Month</u> - A website dedicated to ADHD awareness month, with expert information on ADHD, personal artwork and stories, and informational resources on ADHD.	

If you have a primary care provider:

	Your primary care provider can assess your/your child's symptoms, provide referrals for additional evaluation and support, and/or provide medication. It may be helpful to <u>prepare for your appointment</u>, and do the Self-Report Scale before to share the results with your provider.	
--	---	---

If you don't have a primary care provider:

	The <u>Grand River Community Health Centre</u> – Offers services to support individuals who do not have access to primary health care and may be able to assist with navigating to suitable resources. Appointments for the primary access clinic can be made through self-referral.	
	<u>Telemed MD</u> – By attending a virtual 'walk-in' appointment with a Telemed MD doctor, you can ask for a psychiatrist referral to assess for ADHD. Psychiatry services through Telemed MD are virtual, and are for children, youth, and older adults covered by OHIP.	

If you're looking for no-cost resources in the Brantford community:

	<u>Woodview Mental Health and Autism Services</u> – A community organization offering services and support for children and youth with mental health challenges and those diagnosed with Autism Spectrum Disorder (ASD). Programs include counselling, intensive support, and caregiver support.	
	<u>Canadian Mental Health Association Brant Haldimand Norfolk</u> – A community organization offering services and support for individuals aged 16 and older experiencing mental health challenges. Programs include community support services/case management, peer support, social and recreational activities, and employment support.	
	<u>Willowbridge Community Services</u> – A community organization offering counselling and developmental services for children, youth, and adults. Programs include individual counselling, recreational and counselling groups, and developmental support services. Full subsidies and sliding scales are available for many individuals.	
	<u>SOAR Community Services</u> – A community organization offering services and support for individuals experiencing challenges with mental health and/or substance use. Programs include concurrent disorders (experiencing mental health and addictions combined) counselling and groups, and a 24/7 crisis line (519-759-7188 or 1-866-811-7188).	

If you have private health benefits:

Insurance may cover independent, for-fee ADHD assessments and counselling for yourself and/or your children. This may include psychologist services, diagnostic assessments, and/or psychotherapy. These services usually accept self-referrals. Some resources accessible to the Brantford area include:

	<u>Layla Care Counselling and Psychology</u> – A collective of psychologists providing assessments for mental health diagnoses, including ADHD. Their services are virtual and available to anyone aged 12-65 in Ontario.	
	<u>Brant Child & Adolescent Psychology Services</u> – A collective of practitioners providing psycho-educational and socio-emotional services for children and youth.	
	<u>Brant Mental Health Solutions</u> – A collective of practitioners with options for psychology and psychiatry services and referrals, and counselling services for adults, youth, and children.	
	<u>Mindful Path Counselling</u> – A collective of practitioners providing counselling services tailored for ADHD for adults, youth, and children.	
	<u>Psychology Today</u> – A website with a directory of therapists that allows you to narrow your search to your specific needs, such as location, age, language, and specialties (including ADHD).	