

## ADHD in Adults

Agency Name	Contact Information	Services Offered
<b>ADHD Clinic</b>	416-304-1779 <a href="http://www.theadhdclinic.ca/">http://www.theadhdclinic.ca/</a>	Psychoeducational assessments, CBT, ADHD coaching, Cogmed working memory training, supportive group psychotherapy for parents, groups Eligibility: 6 and up Referrals can be downloaded from the website.
<b>Centre for Integrative Mental Health</b>	905-845-8850 <a href="https://cfimh.com/referrals/">https://cfimh.com/referrals/</a>	Dr. Kenny Handleman OHIP will cover Dr. Handelman’s clinical time with you (ie the interview and feedback session). A fee is payable for the standardized questionnaires, the cognitive testing, the interpretation of the results and the report writing. Patients may be eligible for insurance reimbursement for some or all of the testing fee – though you will have to check with your insurance provider to ensure your coverage. If this assessment isn’t right for you, then we encourage you to see one of the other experts in the community for assessment of ADHD.  Referral Form:  chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/ <a href="https://cfimh.com/wp-content/uploads/2020/04/CFIMH-Referral_revisedV3.pdf">https://cfimh.com/wp-content/uploads/2020/04/CFIMH-Referral_revisedV3.pdf</a>
<b>Centre for Interpersonal Relationships</b>	1-855-779-2347 <a href="https://cfir.ca/assessment-for/attention-deficit-adhd/">https://cfir.ca/assessment-for/attention-deficit-adhd/</a>	Attention deficit and ADHD assessment service The service also provides ongoing therapy. Eligibility: Adults (and children and adolescents) with attentional issues or disorders Self-Referral: To schedule an initial session, complete an intake form <a href="https://www.cfir.ca/InitialRequest.html">https://www.cfir.ca/InitialRequest.html</a> or call Fee: Free 30-minute initial consultation. Other services are not covered by OHIP but may be covered by an extended health insurance plan.

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<b>Learning Disabilities Association of Ontario</b>	416-929-4311 <a href="mailto:resources@LDAO.ca">resources@LDAO.ca</a>	Online workshops and courses, including an online workshop on adult learning styles; Online information about ADHD and learning disabilities
<b>Possibilities Clinic</b> ADHD assessment and follow-up medication consult, if needed	416-482-5558 <a href="https://possibilitiesclinic.com/add-adhd-assessment-toronto/">https://possibilitiesclinic.com/add-adhd-assessment-toronto/</a>	
<b>Springboard</b>	416-901-3077 <a href="https://springboardclinic.com/our-services/our-assessments/">https://springboardclinic.com/our-services/our-assessments/</a>	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
<b>Sunnylea Centre</b>	1-647-499-6401 <a href="https://sunnyleacentre.ca/services/">https://sunnyleacentre.ca/services/</a>	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. Self-Referral