

Resources for ADHD Clients Outside Age Group 19-35 and/or Not in Catchment Area

1. We suggest discussing with your family doctor or contacting your local mental health centre. The BC mental health centres can be found at:

Fraser Health Catchment

<https://www.fraserhealth.ca/health-info/mental-health-substance-use/mental-health-substance-use-centres/>

Interior Health Catchment

<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Pages/default.aspx>

Vancouver Coastal Health Catchment

<http://www.vch.ca/your-care/mental-health-substance-use/accessing-mental-health-substance-use-services>

Vancouver Island Health Catchment

<https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

2. If you are in university, we suggest contacting your school's student health services.
3. Additional online resources can be found at the following websites:

Canadian ADHD Resource Alliance (CADDRA)

<https://www.caddra.ca/>

Children and Adults with ADHD (CHADD)

<http://www.chadd.org/>

Centre for ADHD Awareness Canada (CADDAC)

<http://caddac.ca/>

Kelty Mental Health

<http://keltymentalhealth.ca>

ADHD Resources	Canadian ADHD Resource Alliance (CADDRA) https://www.caddra.ca/	Children and Adults with ADHD (CHADD) http://www.chadd.org/	Centre for ADHD Awareness Canada (CADDAC) http://caddac.ca/adhd/	Totally ADD https://totallyadd.com/
Video, Vlog and Podcast	Jessica McCabe – “How to ADHD” YouTube videos https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgy_95Q?pbjreload=102	ADDitude webinars: https://www.additudemag.com/tag/webinar/ and podcasts: https://www.additudemag.com/category/adhd-podcast/	The nature of things: ADHD not just for kids https://www.youtube.com/watch?v=TbtTS0kFQns	Audible podcast: In the Habit. https://www.audible.ca/pd/In-the-Habit-Introduction-to-Changing-our-Behaviour-Audiobook/B07MPXWOT4
Books & Audio	Smart but Scattered Guide to Success, Peg Dawson, Richard Guare.	ADHD 2.0, Ned Hallowell MD., John J. Ratey MD.	Atomic habits, James Clear.	My Brain still needs Glasses: Annick Vincent, MD.

Counselling for ADHD

1. Kathy Sheppard, RCC
ADHD Centre for Treatment Services
Griffin Business Centre
110 – 901 West 3rd Street, North Vancouver
778-686-3267
Email: info@adhdcentre.ca
Website: www.adhdcentre.ca
2. Susan Poitras, MSN, PSYCN, CPPS
Tel: (604) 868-8007
Email: Susan_poitras@telus.net
3. Ryan Santin, M.Ed, RCC
Tel: 604-256-1179
Email: ryan@santinconsulting.com
Website: www.santinconsultin.com

Coaching for ADHD

List of ADHD coaches on the caddac.ca website (Centre for ADHD Awareness, Canada):
<https://caddac.ca/adhd/document/adhd-coaches/>

Pete Quily, Adult ADHD Coach
Phone: 604-263-6997
Email: pete@addcoach4u.com
Web: <https://addcoach4u.com>

FREE ADHD support group in Vancouver:

ADD Vancouver Support website: addvancouver-support.ca – support group meetings on the first Tuesday of the month at Raven Song Community Health Centre, 2450 Ontario Street, at 6:30 pm – **ON HOLD due to covid-19.**

Disclaimer: These links provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by the VCH adult ADHD clinic of any of the products, services or opinions of the corporation or organization or individual. The VCH adult ADHD clinic bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.