

## ADHD RESOURCES

### A. ONLINE RESOURCES AND SUPPORT GROUP

**CHADD Calgary (Children and Adults with ADHD) – highly recommended online resources and support group for families.**

<http://calgary.chaddcanada.ca/>

### B. EDUCATIONAL RESOURCES FOR ADHD

**CADDRA (Canadian ADHD Resource Alliance) - online resource with technical/medical information geared towards health care professionals.**

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

**CFPCN (Calgary and Foothills Primary Care Network) – has useful links under the tab patient resources.**

<http://cfpcn.ca/PatientResources/HealthResources/MentalHealth/tabid/222/Default.aspx>

### C. MENTAL HEALTH SERVICES, COUNSELLING, BEHAVIOURAL STRATEGIES AND SKILLS MANAGEMENT – This list includes publicly funded services that do not require referral. Alternatively, check your private health insurance coverage to access private services.

**Access Mental Health – to navigate the addiction and mental health system in Alberta Health Services.**

<http://www.albertahealthservices.ca/services.asp?pid=service&rid=2381>

**Mental Health Services (located inside the Cochrane Community Health Centre) – services funded by AHS. Walk-in daily Monday-Friday beginning at 11:00am.**

<http://www.albertahealthservices.ca/facilities.asp?pid=facility&rid=433>

**Calgary Family Therapy Centre – services are funded by Alberta Mental Health Board.**

<http://www.familytherapy.org/index.html>