

# TEEN ADHD RESOURCES



## CRISIS RESOURCES

### **YOUTH SERVICES BUREAU**

24/7 Crisis Line & Chat services for ages 18 and under who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis

**Phone:** 613-260-2360

**Long distance toll-free:**  
1-877-377-7775

**Crisis Chat:** [chat.ysb.ca](https://chat.ysb.ca)

### **THE DISTRESS CENTRE**

24/7 crisis line (connects to crisis team)

**Phone:** 613-722-6914  
**Long distance toll-free:**  
1-866-996-0991

24/7 distress line (emotional support, service information)

**Phone:** 613-238-3311

Text & Chat option open  
10:00AM-11:00PM daily

**Text:** 343-306-5550  
**Chat:** [www.dcottawa.on.ca](http://www.dcottawa.on.ca)

### **ALL EMERGENCIES**

Call 911 or present to local emergency department

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## **Books & Websites**

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- My Brain Still Needs Glasses: ADHD in adolescents and adults – *Annick Vincent*
- Attention Difference Disorder, How to Turn Your ADHD Child or Teen's Differences into Strengths – *Kenny Handelman*
- Late, Lost & Unprepared, A Parents' Guide to Helping Children with Executive Functioning – *Cooper-Kahn & Dietzel*
- A survival guide to parenting teens: talking to your kids about sexting, drinking, drugs, and other things that freak you out – *Geltman, Joani*
- Get out of my life, but first could you drive me and Cheryl to the mall? A parent's guide to the new teenager – *Farrar, Straus & Giroux*
- <https://chadd.org/for-parents/adhd-information-for-teens/>
- <https://childmind.org/article/adhd-in-teenagers/>

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## **Skill Building Materials**

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### ***The Work-Smart Academic Planner, Revised Edition***

- By Peg Dawson and Richard Guare
- Agenda specifically designed to assist in learning executive function skills
- Website: <https://www.smartbutscatteredkids.com/books/>

### ***Triple P Parenting (teen modules)***

- Positive Parenting Program provides skills and strategies to help parents
- Free version initial seminars available, full 8 course modules \$80 online
- Website: <https://www.triplep-parenting.ca/ont-en/triple-p/>

### ***BounceBack***

- Free skills building program by the Canadian Mental Health Association available as online videos or through a phone coach
- Youth 15+ and adults struggling with low mood, anxiety, stress, worry
- Self-referral 19+, youth 15-18 can self-refer but will need to list a doctor on the referral if selecting coach option
- Website: [www.bouncebackontario.ca](http://www.bouncebackontario.ca)

### ***ADHD Coaching***

- Refers to a relatively new field where a “coach” provides practical interventions to assist with planning, time management, organizing, etc
- Is not a *regulated* profession, meaning there is no specific training to become a coach or regulatory college that provides oversight
- Finding a coach will be an individual task
- More information on coaching: <https://chadd.org/about-adhd/coaching/>
- Finding resources: <https://caddac.ca/find-a-resource/>