



## **Knowing What to Expect: ADHD Resource Guide**

Ask your healthcare practitioner for suggested resources to help you learn more about ADHD. He/she may suggest books, support groups, Web sites, or parent training classes. Your local newspaper is also a good resource for identifying local support groups, seminars, or parent training classes. In addition, below are several resources for your consideration. This list is not all-inclusive; there are other valuable sources of information as well.

### **Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)**

Phone: 800.233.4050

Web site: <http://www.chadd.org/index.cfm>

(A nationally renowned advocacy group for people with ADHD. Site offers information, newsletters and support group listings.)

### **Schwab Learning.Org**

Phone: 650.655.2410

Web site:

<http://www.schwablearning.org/index.asp>

(Offers 2 Web sites – one for parents and one for kids – dedicated to serving parents of children with learning and attentional disorders and includes much info and a local resource guide.)

### **National Institute of Mental Health (NIMH)**

Phone: 866.615.NIMH (6464)

Web site: <http://www.nimh.nih.gov/publicat/index.cfm>

(A major, national institute for research and funding that offers a Web page for the public containing a link to information on ADHD along with support group listings.)

### **Attention Deficit Disorder Association**

Phone: 484.945.2101

Web site: <http://www.add.org/>

(An organization dedicated to education, research, and public advocacy related to ADHD.)

### **Parent Advocacy Coalition for Educational Rights (Pacer) Center**

Phone: 952.838.9000

Web site: [www.pacer.org](http://www.pacer.org).

(A national center focused on parent advocacy, training and securing educational rights.)

### **American Academy of Pediatrics**

Phone: 847.434.4000

Web site: <http://www.aap.org/default.htm>

(A not-for-profit corporation organized for scientific and/or educational purposes.)

### **National Initiative for Children's Healthcare Quality (NICHQ)**

Phone: 617.754.4900

Web site: <http://www.nichq.org/resources/>

(Offers excellent resources to practitioners including an ADHD toolkit, which also contains information suitable for parents. An organization striving to improve healthcare for children by offering training, support, educational materials and data to professionals & organizations.)

### **The ADHD Online Community**

Phone: None available

Web site: <http://www.adhd.com/index.html>

(An 'online community' offering information, peer support and tips to families dealing with ADHD.)

*Any reference in this material to other organizations or companies, including their Internet Web sites, is not an endorsement or warranty of services, information, or products provided by these organizations or companies. If you feel your child may have symptoms of ADHD, you should consult your doctor or behavioral health professional. Only your healthcare practitioner can make a diagnosis or recommend a treatment plan. For more information about your behavioral health benefits you can call the member services or behavioral health telephone number listed on your healthcare identification card.*