

ADHD and Mental Health Community Resources

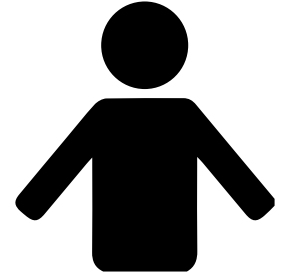
Learning Disabilities Association Kingston Workshop Presented by Queen's University Nursing Students

Online/Telephone Youth Resources

- Good2talk Helpline (<http://www.good2talk.ca>) (1-866-925-5454)
- Kids Help Phone (<http://org.kidshelpphone.ca>) (1-800-668-6868)

Kingston Youth Resources

- Addiction and Mental Health Services KFL&A (<http://www.amhs-kfla.ca>)
- Canadian Mental Health Association (CMHA) – Kingston Branch (<http://cmhakingston.blogspot.ca>)
- Kingston Community Health Centres (<http://www.kchc.ca/home/>)
- Pathways for Children and Youth (<http://www.pathwayschildrenyouth.org>)
- Pathways to Education (<https://www.pathwaystoeducation.ca/kingston>)
- Peers of the Round Table Support Centre (<http://psseo.ca>)
- Providence Care Regional Specialty Mental Health Services (Dual Diagnosis Consultation Outreach Team) (<http://www.providencecare.ca/CareServices/community-mental-health/Pages/default.aspx>)



Online/Telephone Parent and Educator Resources

- Understood.org
- Additude.com
- Heretohelp.bc.ca
- About Kids Health (<http://www.aboutkidshealth.ca/En/ResourceCentres/ADHD/Pages/default.aspx>)



Kingston Parent and Educator Resources

- ADHD Parent Support Group (<http://www.adhdsupportgroup.ca>)
- Learning Disabilities Association Kingston or Ontario (LDAK or LDAO)
- Kingston Community Health Centres (<http://www.kchc.ca/home/>)
- Peers of the Round Table Support Centre (<http://psseo.ca>)

Questions and comments about the workshop may be directed to:
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