



Info Rx

ADHD

ADHD or Attention Deficit Hyperactivity Disorder is a neurological condition which makes it hard for people to think before acting and/or speaking, pay attention, stay focused, and to sit still.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books for Caregivers

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f1b05b60845eb0013eba650>



Books for Kids and Teens

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f1ee902341db0001268a2ea>



FCRC Information Prescription

Check out all these ADHD resources and more on our website

<http://fcrc.ahs.ca/rx/adhd>



MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Use the search bar to find information about ADHD

<https://myhealth.alberta.ca/>



About Kids Health

SickKids Hospital in Toronto, Ontario has created an ADHD Learning Hub. Learn about attention deficit hyperactivity disorder and what you can do to help your child at home and at school.

<https://www.aboutkidshealth.ca/adhd>



CanLearn Society

The CanLearn Society offers assessments and help for those with ADHD and their families.

<https://canlearnsociety.ca/>



ADHD Information

Created and developed by Annick Vincent, physician-psychiatrist, Attention Deficit-Info is dedicated to Attention-Deficit/Hyperactivity Disorder. Available in English and French

<https://attentiondeficit-info.com/?lang=en>



KidsHealth

KidsHealth has articles written and reviewed by doctors about ADHD for kids and teens. Use the search bar to find information about ADHD.

<https://kidshealth.org/>



ADHD Kids Rock!

The ADHD Kids Rock! website was created by a 15-year-old youth with ADHD, living in Langley, BC. This website has a youth forum and blog and is geared directly to youth with ADHD.

<https://www.adhdkidsrock.com/>



CHADD

CHADD is a North American ADHD support group for parents of children with ADHD and adults with ADHD. It has information about understanding ADHD and includes webinars for parents and caregivers.

<https://chadd.org/>



PANDA du Quebec

PANDA was created to respond to the needs of parents living with children with ADHD. Over the years PANDA has expanded its services to include information. Available in French and English.

<https://www.pandablso.ca/en>



CADDAC—Centre for ADHD Awareness Canada

Is a national, non-profit, umbrella organization providing leadership in education and advocacy for ADHD organizations and individuals across Canada. Their website is full of information about ADHD for children, teenagers, and adults.

<https://caddac.ca/>



Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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