

Resources for Child and Adolescent ADHD

ADHD is a condition that can make it hard to sit still, pay attention, or make good decisions. ADHD often begins in childhood, and can cause a child to have trouble in school, at home, or with friends. ADHD is more common in boys than girls, and stands for "attention deficit hyperactivity disorder." Some people call it just ADD (attention deficit disorder). In addition to reviewing these materials, you should talk to your doctor about whether counseling (also sometimes called psychotherapy) and/or a medication evaluation might be helpful.

- **Counseling Services**
 - To access individual or family counseling using your health insurance benefits, call the "mental health benefits" number on your insurance card for referral to providers who accept your insurance. You can also access the website for your behavioral health insurance carrier to search for providers in your area and with the specialties you require.
 - If you or your child is covered by Medi-Cal and you live in Sacramento County, contact the [Mental Health Access Team](#) at 916-875-1055 to access counseling or psychiatry services. The after-hours number is 1-888-881-4881.
 - <https://dhs.saccounty.net/BHS/Documents/Provider-Forms/Brochures/BR-Access-Team-Brochure-English.pdf>
- [CHADD \(Children and Adults with ADHD\)](#)
 - CHADD of Greater Sacramento offers support group meetings and other services to people impacted by ADHD and ADD.
 - Meetings are free if you are a CHADD member; if you are not a member, they ask for a \$5 donation, but no one is turned away for inability to donate.
 - <https://chaddgreatersacramento.wordpress.com>
- [Understood](#)
 - 15 nonprofit organizations have joined forces to support parents of the one in five children with learning and attention issues throughout their journey.
 - With the right support, parents can help children unlock their strengths and reach their full potential. With state-of-the-art technology, personalized resources, free daily access to experts, a secure online community, practical tips and more, Understood aims to be that support.
 - <http://www.understood.org>
- [National Alliance on Mental Illness](#)
 - This national organization has local chapters that offer various support groups for those with mental illness, as well as training and support for those who care for them.
This link is for the Sacramento chapter, and includes resources and support group information for children with ADHD and their families.
 - <https://namisacramento.org/>
 - (916) 364-1642

- [American Academy of Child and Adolescent Psychiatry](#)
 - This website offers an ADHD Resource Center with an extensive list of articles, books, videos, and other resources for families.
 - http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/ADHD_Resource_Center/Home.aspx

- [211 Sacramento Mental Health Resources](#)
 - This website offers local resources and support groups for those facing ADHD, as well as local resources for help with coping with this condition.
 - There are separate areas of this site for both child and adolescent resources.
 - www.211sacramento.org/211/online-database/categories/mental-health/
 - 1-800-500-4931

- [National Institute of Mental Health](#)
 - This government-sponsored website aims to “transform the understanding and treatment of mental illnesses.” It is a good source of information about ADHD and other mental health problems, research developments, clinical trials and treatment information.
 - <http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>

- [Sacramento Area Free Support Groups](#)
 - This on-line mental health resource directory for the greater Sacramento Region has links to various no-cost and peer-support groups in the area.
 - This site includes links to many resources for children and youth.
 - <https://https://www.psychologytoday.com/us/groups/adhd/ca/sacramento>