

ADHD STARTER GUIDE

Dig A Little Deeper, Psychotherapy & Counselling

Updated Feb 2026



Our Recommendations

THE ADHD RESOURCE PAGE

We have gathered all of our local, evidenced based information on the assessment diagnosis and treatment of ADHD in kids and adults for you, all on one page.

ADHD COACHING ARTICLES

We have loads of core coaching articles on the Dig Deeper Blog, all designed to *get you started*.

THE DIG DEEPER SCHOOL

DIY*ADHD is now LIVE and accessible. Click the link to go to the course website, get a free preview, view the curriculum and see if it meets your learning needs.

A Helpful Lens on ADHD

by Christina Crowe, RP, ADHD Coach & Therapist

'Treating ADHD' is less about 'fixing something that's wrong', which is our usual approach in health care, and more about education and fine tuning. The research on ADHD has long moved from looking at it as a disease or disorder, to now, a *cognitive difference*. The longer you live with it, and gain an appreciation for its adaptive benefits, the less distressing the (outdated) label is.





Reputable online sources of information

ADDitude.Org is an evidenced-based and reputable site for info about ADHD I like to refer to because it's easy to understand, its authors use a multi-disciplinary lens and the medical advice is board reviewed.

In psychology, '**evidenced-based**' means:

"the integration of the best available research with clinical expertise in the context of patient characteristics, culture and preferences."

(American Psychological Association).

Examples of specific areas worth diving into include learning about:

- How ADHD presents differently in girls and women, and why its often missed,
- How ADHD affects marriages and love relationships.

CADDAC: THE NATIONAL PATIENT ASSOCIATION

CADDAC (the Centre for
ADHD Awareness in
Canada):

<https://caddac.ca/adhd/>

Learn more about:

- Classroom accommodations,
- Workplace accommodations,
- Your protected rights in Ontario in the workplace,
- How to navigate an IEP and advocate for your child.

CADDRA: THE ADHD RESOURCE ALLIANCE

*Are you a mental health
professional?*

CADDRA is a member-based association bringing together medical, health and research professionals committed to improving ADHD care in Canada.

We advance excellence through education, guidelines, research and advocacy.

[Learn more about CADDRA](#)



RECOMMENDED READING

[ADDitude.Org](https://www.additude.org/) is an evidenced-based and reputable site for info about ADHD I like to refer to because it's easy to understand, its authors use a multi-disciplinary lens and the medical advice is board reviewed.

RECOMMENDED WATCHING

A few compelling stories and articles you may see yourself in:

- Here is a [Summer 2019 Global News story](#) that features a late-diagnosed 19 year old young woman.
- Here is a [May 2019 CBC Radio local story](#) with a local MD that was also quite good. "ADHD is the most common mental health disorder in kids but can 'ravage' adult life," says reporter.
- We have a few [ADHD Playlist's on Youtube](#), pulling some of the greatest content around for your family to learn from the best.
- ADHD rarely travels alone. We have a [specific page on our website](#) that shares information about ADHD + Autism, Mood disorders, anxiety disorder's, trauma, OCD, the impact on hormones for women throughout their lifespan, as well as other neurodivergent conditions like aphantasia.

RECOMMENDED PODCASTS



ADHD Experts Podcast



The Christina Crowe Podcast: making the invisible VISIBLE.



The Impulsive Thinker

A final note.



A final note as you begin/continue your journey Learning how to navigate a cognitive difference is a process for everyone in a family, with a neurotypical brain or not.

The person with ADHD **did not choose it**, much like someone who needs a puffer for their asthma, did not chose that either. It requires patience, an openness to learning new skills that benefit all of us, ADHD brain or not.

And when in doubt, it always helps to **remember to breathe**.

