

# Adult ADHD Resources

## Places to start

Your primary or mental healthcare practitioner or ask for a referral

Professional Organizer or Coach

Note: The Practical Sort is not endorsing any of these resources. Nor is this intended to be a comprehensive listing. Please research to fit your needs.

## National

[American Psychiatric Association](#) Psychiatrist location database, Publications, Learning Center

[CHADD](#) (Children & Adults with Attention-Deficit/Hyperactivity Disorder) Education, Advocacy, Support Services

[Institute for Challenging Disorganization](#) Education, Strategies, Techniques for brain-based organizational skills and chronic disorganization

[ADDA](#) (Attention Deficit Disorder Association) at [add.org](#) Support groups, Education

[Psychology Today](#) (locate a therapist)

[Open Path Collective](#) (affordable psychotherapy sessions)

## Portland, Oregon Metro Area

[Lifeworks NW](#) Treatment, Therapy, Support

[Northwest ADHD Treatment Center](#) Comprehensive ADHD assessments & treatment for patient & family

[OHSU Adult ADHD Clinic](#) Evaluation, Consultation, Medical Management & Treatment

[Portland ADHD](#) ADHD and other mental health concerns, Information, Resources in the Portland Metro Area

[Portland Anxiety Clinic](#) Evaluation and Treatment

[Portland Therapy Center](#) Listing of local ADHD practitioners

[Vista ADHD Clinic](#) Assessments, Education, Treatment, Therapy, Counseling, Wellness (Portland & Eugene)