

Provincial ADHD Program Referral Process

- Referrals are received and reviewed by the registered nurse (RN) in the clinic.
- Referrals are triaged by the RN and patients are placed on a waitlist to receive an appointment. *(The time to be seen is based on a number of factors. For example, how long a referral has been on the waitlist.)*
- The administrative assistant contacts patients to book an appointment when one becomes available.
- If a patient's condition changes (i.e., job loss or loss of long term relationship), they or their primary health care provider can resubmit a Provincial ADHD Program referral.

*****Please be aware that although we are working hard to see patients as quickly as we can, our waitlist can be long.*****

Helpful Tips While You Wait

- Get informed! What is ADHD? Find quality information under **ADHD Resources**.
- Join an ADHD support group online or in-person. Find information in **ADHD resources** under ADHD PEI.
- Consider increasing physical activity.
 - Exercise can have positive benefits including managing impulsivity and hyperactivity, improving attention and focus, and improving performance when completing tasks.
 - Exercise strategies are available under **ADHD Medication and Other Resources**.
- Develop healthy coping strategies. Find relaxation and meditation techniques outlined under **ADHD Medication and Other Resources**.
- Reach out to your support network to alleviate feelings of stress, hopelessness or isolation.
- Establish a healthy routine.
 - Find sleep hygiene tips under **ADHD Resources**.
 - Find ideas for establishing a daily schedule under **ADHD Resources**.
 - Find ideas for practicing self-care under **ADHD Resources**.
- Struggling at work? Join the ADAPT program for increased support. Find more information in **ADHD resources** under the ADAPT program.

References

Klarity. (2023). *16 Things To Do When On A Waitlist To See A Therapist*. Klarity.

<https://www.klarityadhd.com/post/on-waitlist-for-therapist/>

Mehren, A., Reichert, M., Coghil, D., Müller, H., Braun, N., & Philipsen, A. (2020). Physical exercise in attention deficit hyperactivity disorder - evidence and implications for the treatment of borderline personality disorder. *Borderline Personality Disorder and Emotion Dysregulation*, 7(1), 10.1186/s40479-019-0115-2