



Support & Educational Programs 📖

RUHS Behavioral Health Parent Support and Training Program

Free support, education, training, and resources to parents and caregivers of children with mental health or behavioral challenges, offering services in English and Spanish.

<https://www.rcdmh.org/psp>

San Bernardino County Department of Behavioral Health

Family Resource Centers, Student Assistance Program, Transitional Age Youth Centers, School-Aged Treatment Services, and Screening, Assessment, and Referral & Treatment

<https://wp.sbcounty.gov/dbh/otherservices/>

Riverside Family Services Association

After-school programs, case management, and counseling services for children 18 and under, including therapy for ages 0-5 to reduce disruptive behavior and increase social competence, also available to caregivers.

<https://www.fsaca.org/>

Inland Regional Center

A non-profit agency providing support and early intervention services, case management, and assistance to individuals with intellectual and developmental disabilities.

<https://www.inlandrc.org/>

Information & Resources

Riverside County Health Library

Provides basic educational information including symptoms, treatment, and overview. Additionally, there are helpful links for parents, about medications, and related information, as well as a guide for when to call a doctor.

- Relevant articles:
 - [Attention Deficit Hyperactivity Disorder \(ADHD\)](#)

- [ADHD: Helping Your Child Get the Most From School](#)
- [ADHD: Helping Your Child Get Things Done](#)
- [ADHD and Hyperactivity](#)
- [ADHD: Impulsivity and Inattention](#)
- [Medicines for ADHD \(Attention Deficit Hyperactivity Disorder\)](#)

The California Department of Rehabilitation (available in San Bernardino and Riverside Counties)

Provides job seekers with disabilities and students with employment assistance, guidance on workplace integration, and support for independent living.

- [Student Services](#)
- [Career Counseling & Information and Referral Services](#)

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

offers comprehensive information, resources, and support for individuals with ADHD, their families, and professionals.

- E-Learning courses
 - [ADHD & Adult](#): Comprehensive courses covering the unique challenges and strategies for managing ADHD as an adult.
 - [Independent Adult Living](#): Practical guidance for adults with ADHD on achieving independence and managing daily life effectively.
 - [Navigating College with ADHD](#): Essential tips and strategies for college students with ADHD to succeed academically and socially.

U.S. Department of Education

- [Know Your Rights: Students with ADHD](#): A comprehensive guide to understanding the rights of students with ADHD.
- [Dear Colleague Letter and resource Guide on Students with ADHD](#): Official guidance and resources for supporting students with ADHD in educational settings.

FOR FAMILIES

Resources, support, and guidance for parents of children with ADHD.

NAMI

The National Alliance on Mental Illness (NAMI) provides Family-to -Family, Peer-to-Peer, and Family support groups.

[NAMI Western Riverside](#)

[NAMI San Bernardino](#)

CHADD Online Resources

Online Communities

- [Parents & Caregivers Community](#)
- [Adult Support Community](#)

[ADHD Toolkit](#): Provides parents and caregivers with a diagnosis and treatment guide, quick facts, infographics, articles, and videos about ADHD. All resources in the toolkit are available for download.

[19 Tips for Finding Low-Cost ADHD Treatment](#)

SELPA

The Special Education Local Plan Area (SELPA) provides resources for parents and educationally-related mental health services.

[Riverside County SELPA](#)

[East Valley SELPA](#)

Educational Websites

[ADDitude Magazine](#): Provides individuals and families with expert advice, strategies, and practical tools for managing ADHD.

[How to ADHD](#): offers engaging educational videos, practical tips, and resources for families to better understand and manage ADHD.

Support Helplines

Riverside County RUHS Parent-to-Parent

Non-Crisis Telephone Support Line

(951) 358-3622

Riverside County RUHS Parent-to-Parent Warm Line

(888) 358-3622

National Resource Center on ADHD

ADHD Helpline

¿Necesitas recursos e información sobre el TDAH? Hable con un especialista de información en español.

Monday—Friday, 1 pm—5 pm EST

(866) 200-8098



I Embrace ADHD (ieADHD.org) aims to promote awareness and support for ADHD, with resources specifically for inland empire Riverside County and nearby communities in California.

[About](#) | [Contact Us](#)

The information provided on this website is intended for informational purposes only and should not be construed as a substitute for professional medical or psychological advice. Always seek the advice of your qualified mental health provider with any questions you may have regarding a mental health condition. If you are experiencing a mental health crisis, please contact emergency services or your healthcare provider immediately.

If you need immediate emotional support, call or text 988 (Suicide & Crisis Lifeline), or dial 911 in an emergency.