Adult ADD/ADHD Resources in Pittsburgh

**Mental Health Professionals in Pittsburgh**

**Persoma Counseling Associates**  - offers ADHD specific evaluation and coaching, can also offer counseling and psychiatric resources if needed

<https://persoma.com/adhd-specialty-program/>

**Allegheny Mental Health Associates**

* Andrew Potash (Psy.D)
* Chris Coburn (PhDs in Psychology and Psychobiology)
* Others in the practice also possibly offer ADD/ADHD services

<http://amha4u.com/contact/>

**Leslie Stone** (MS Counseling Psychology) – part of CHADD (Children and Adults with ADD)

[https://chadd.org/professional-profile/?member\_id=65927](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchadd.org%2Fprofessional-profile%2F%3Fmember_id%3D65927&data=04%7C01%7CMark.Elyse%40medstudent.pitt.edu%7Ca91e9d26e3224becc7c708d8e27e419c%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C1%7C637508379193767220%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=3IAuuqTlldOKGs3DVK5P0lhxXnPRsBKTLYaVS1bs22I%3D&reserved=0)

**Psychology Today – search by specialization and location**

[https://www.psychologytoday.com/us/therapists/adhd/pa/pittsburgh](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.psychologytoday.com%2Fus%2Ftherapists%2Fadhd%2Fpa%2Fpittsburgh&data=04%7C01%7CMark.Elyse%40medstudent.pitt.edu%7C4d3333f2344140ab679608d8e1c5ba35%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637507586644733973%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=S2rFgLsJx9zy%2BHjKlgawVFWoZKrgFiGymVRIZlwQYfk%3D&reserved=0)

**Mindfulness & Adult ADHD**

**One-page summary and intro to Dr. Lydia Zylowski’s book**

*The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals (Trumpeter Books, 2012).*

[https://chadd.org/wp-content/uploads/2018/06/ATTN\_06\_12\_Mindfulness.pdf](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchadd.org%2Fwp-content%2Fuploads%2F2018%2F06%2FATTN_06_12_Mindfulness.pdf&data=04%7C01%7CMark.Elyse%40medstudent.pitt.edu%7C4d3333f2344140ab679608d8e1c5ba35%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637507586644733973%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=XKuaonPlE39VHBrB5CtH7znqqK6EiP%2BRmPStVxXCg%2Fw%3D&reserved=0)

**Easy mindfulness exercises for daily use**

[https://positivepsychology.com/mindfulness-exercises-techniques-activities/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpositivepsychology.com%2Fmindfulness-exercises-techniques-activities%2F&data=04%7C01%7CMark.Elyse%40medstudent.pitt.edu%7C4d3333f2344140ab679608d8e1c5ba35%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637507586644743965%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=BnWx%2Ba6odl0Y23ab2ZDRpGOtJyUjLF%2ByyARl4fimlpU%3D&reserved=0)

**Other resource suggestions from SHARP faculty advisers**

*The Smart but Scattered Guide to Success: How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home* (Dawson, Peg, Guare, Richard)