



# Virtual Providers: Getting an ADHD Diagnosis for Your Child Without Leaving Your Home

*Many providers can evaluate and diagnose your child with ADHD online. But before you seek an online assessment and diagnosis for your child, there are several things to consider.*

## 1) Location Restrictions On Doctors

Online doctors can diagnose ADHD, and they can prescribe medication. But only in the state that they practice. For example, if you live in NC, and your child receives an online ADHD diagnosis from a doctor in SC, they wouldn't be able to prescribe medication across state lines.

## 2) Provider Type Restrictions

**Nurse Practitioners:** You can work with an online nurse practitioner, but several states restrict their ability to prescribe stimulant medication, including FL, GA, MO, OK, SC, and WV. Ask about any restrictions before making your final decision.

**Psychologists:** They can evaluate and diagnose the presence of ADHD. However, they cannot prescribe medication. So, before pursuing a diagnosis with an online psychologist, make sure you have a local doctor in your area who is willing to accept their diagnosis and can treat your child.

**Directories are listed below, but you can always do a quick Google search for providers in your area:**

- *“Who in (your state) does virtual evaluations of ADHD in children?”*
- *“Who in (your state) provides virtual medical treatment for children with ADHD?”*



## Providers who can virtually diagnose AND treat children for ADHD

### Lifescance Health

[https://lifescance.com/provider/psychiatrist/?search=children%20adhd&specialties\\_specialty\\_id%5B%5D=1](https://lifescance.com/provider/psychiatrist/?search=children%20adhd&specialties_specialty_id%5B%5D=1) Select your location to find provider information. (33 states included).

### My Virtual Physician

<https://myvirtualphysician.com/virtual-pediatrics/> Schedule your child for an online visit with a licensed doctor.

**Phone:** (725) 228-8277

**Email:** [info@myvirtualphysician.com](mailto:info@myvirtualphysician.com) (Florida, Nevada, Texas)

**Site Contact Page:** <https://myvirtualphysician.com/contact/>

### Clarity Pediatrics

[www.claritypediatrics.com](http://www.claritypediatrics.com) Virtual diagnosing ADHD in children aged 5-17.

**Email:** [info@claritypediatrics.com](mailto:info@claritypediatrics.com) (California)

## Directory of psychologists who can diagnose ADHD in children online

**REMEMBER:** Psychologists are unable to prescribe medication.

### PSYPACT

<https://psypact.gov/default.aspx>

Psypact is an interstate agreement to allow psychology services across state lines. (Does not include medication) To see a map/listing of participating states, click *psypactmap* on the top menu.



## Lifescance Health

<https://lifescance.com/provider/psychologist/?search=adhd%20children>

Enter your location in the search to find psychologists near you.

## Telemed2U

[www.telemed2u.com/behavioral-health/attention-deficit-hyperactivity-disorder-adhd](http://www.telemed2u.com/behavioral-health/attention-deficit-hyperactivity-disorder-adhd)

Only for certain insurance plans. **Phone** (855) 446-8628 **Email:** [info@telemed2u.com](mailto:info@telemed2u.com)

## Meliora Health

<https://meliora-health.com> - Offers diagnosis of ADHD for children ages 5-21 for families that live in Pennsylvania, New Jersey, New York, Florida, and Maryland

<https://meliora-health.com/insurance-providers> - Shows insurance partners for Meliora.

**Phone:** 855-675-1849

**Email:** [info@meliora-health.com](mailto:info@meliora-health.com)

## Psychology Today

<https://www.psychologytoday.com/us/therapists?spec=595&search=adhd>

Press control F, type children in the box, and press “enter.” You’ll find therapists who treat ADHD; their bio will let you know if they can also diagnose it.

## Minder Memory Center

[www.mindermemory.com](http://www.mindermemory.com) offers neuropsychological testing in all states except Alaska, Iowa, Massachusetts, Montana, New Mexico, New York, and Oregon

Phone: 855-976-8317 Email: [contact@mindermemory.com](mailto:contact@mindermemory.com)

## Talkiatry

[www.talkiatry.com](http://www.talkiatry.com) (only available in certain states and for certain insurances - see site for details) You’ll fill out an online form and get matched with a psychiatrist to diagnose your child. You do not get to choose the provider.



## Neurodivergent Therapists

[ndtherapists.com/psypact](https://ndtherapists.com/psypact) a directory for neurodivergent therapists - use the menu bar and page instructions to search for a provider by location and contact them directly

## Mind & Match

[www.mindandmatch.com](https://www.mindandmatch.com) You fill out a form for the type of provider you are looking for, and they will give you a list of recommendations. Once you pick, you'll have a 15-minute intake call to ensure a good fit.

**Email:** [admin@mindandmatch.com](mailto:admin@mindandmatch.com)

## Additional ADHD providers

### Rmh Therapy

[www.rmh-therapy.com/](https://www.rmh-therapy.com/) Dr. Amy Marschall, Psy.D,

**Phone:** (605) 215-1049 **Email:** [info@rmh-therapy.com](mailto:info@rmh-therapy.com)

### Sachs Center

[www.sachscenter.com](https://www.sachscenter.com) ADHD & Autism Testing & Treatment

**Email:** [kelsey@sachscenter.com](mailto:kelsey@sachscenter.com) or site contact form

### Help and Healing Center

<https://helpandhealingcenter.com> has two PsyPact providers, and Dr. Rovane does assessments for children and adolescents in IL, WI, FL, and TN.

**Phone** 847-558-7321

**Site Contact Page:** <https://helpandhealingcenter.com/contact>

**Email:** [admin@helpandhealingcenter.com](mailto:admin@helpandhealingcenter.com)



## The Chesapeake Center

<https://thechesapeakecenter.com> The Chesapeake Center ADHD, Learning and Behavioral Health. The center offers neuropsych evaluations in all states covered by Psypact.

**Phone:** (301)562-8448 or **Florida Number:** (904)371-2717

**Site Contact Page:** <https://thechesapeakecenter.com/contact-us>

**See the next page for information on neuropsych testing**

## Neuropsychological Testing

Although not strictly necessary, [neuropsych testing](#) can be useful in making an ADHD diagnosis. It's additional testing that can provide more information, like insights into school struggles or the possibility of co-occurring learning difficulties. However, neuropsychological testing is expensive and not always covered by insurance.

Consider neuropsych testing if your child:

- Has poor handwriting
- Difficulty with fine motor tasks
- Difficulty transferring information
- Difficulty with overwhelming visual displays
- Persistent negative behaviors, such as getting into frequent fights at school

Should you decide on neuropsych testing, make sure your child is ready and willing to give their best effort. Data collection could be inaccurate and inconclusive if they are reluctant or resistant to testing.