

Everything you need to navigate ADHD



SELF-SERVED CBT

200+ self-guided CBT lessons to develop coping strategies and improve ADHD management.



COACHING

1-on-1 weekly video sessions with an ADHD coach and unlimited chat in between sessions.



COMMUNITY SUPPORT

Weekly accountability sessions and workshops guided by Agave coaches. Group and peer-to-peer support.



THERAPY

ADHD-informed therapy with licensed professionals for treatment and support for ADHD and co-occurring mental health conditions.



EVALUATION & DIAGNOSIS

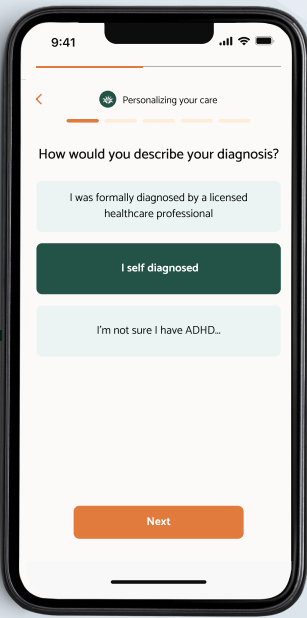
Comprehensive evaluation and diagnosis of ADHD by licensed providers, ensuring you get the right treatment and support.

(Therapy and evaluations available in selected states only)

How does it work?

1

ONBOARDING QUESTIONNAIRE



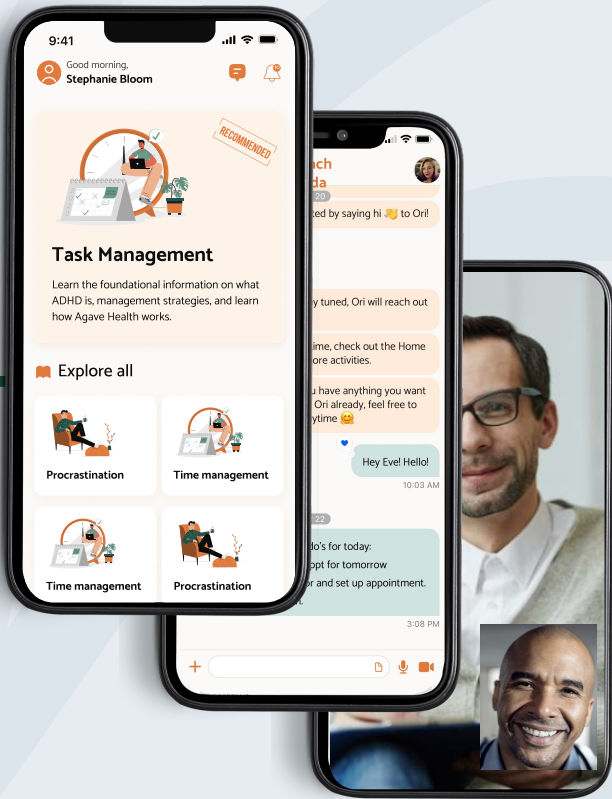
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CHOOSE AND MEET YOUR PERSONAL ADHD COACH



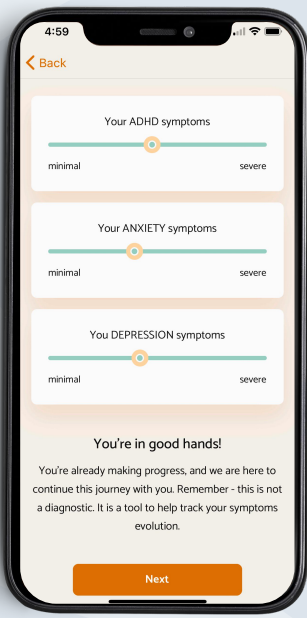
3

ACCESS YOUR CARE PROGRAM



4

ONGOING PROGRESS AND SYMPTOMS TRACKING



“

I feel a lot calmer and less panicked. I also learned how to make decisions and prioritize things I need to do but don't want to.”

Rowena, Agave member
★★★★★

“

With my coach, learning how to manage time better and even regulate emotions has been very rewarding.”

Alexandra, Agave member
★★★★★

“

The biggest change I've noticed is I'm much more inclined to move through issues and 'road blocks' much quicker.

Melissa, Agave member
★★★★★

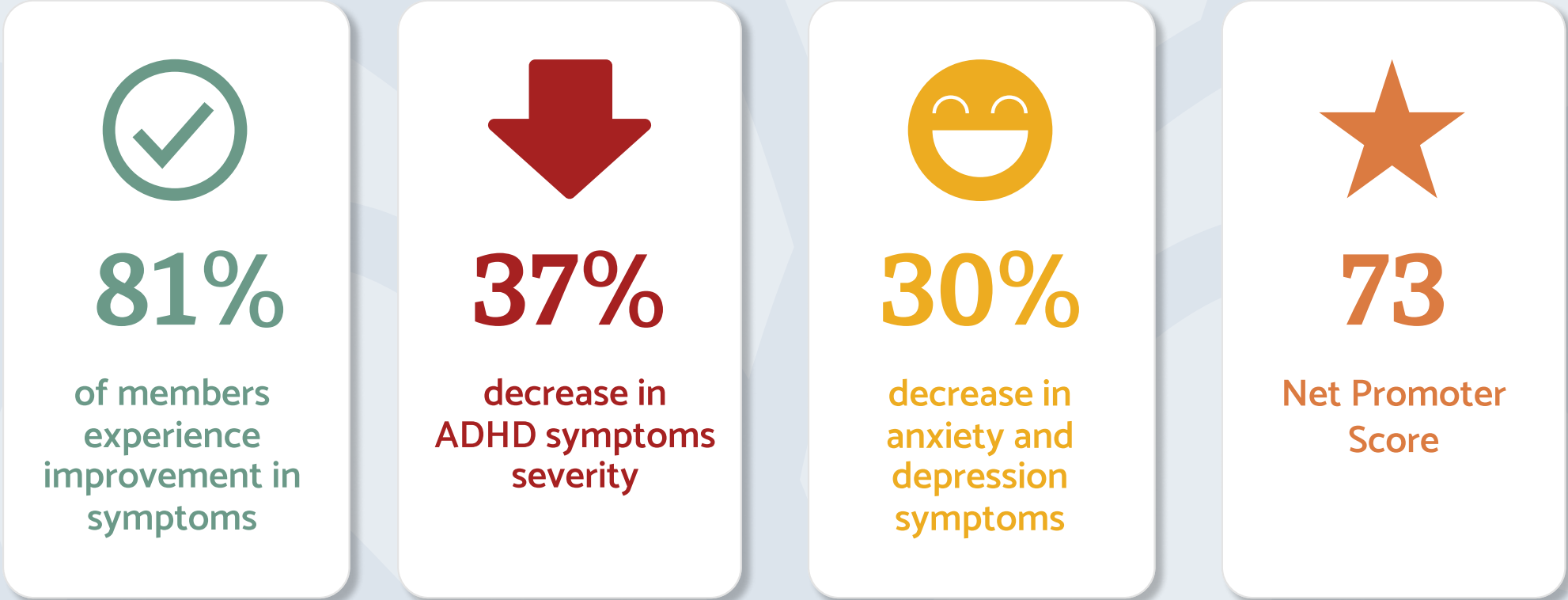
A caring team of experts



And more

Every Agave provider is carefully selected and specifically trained to help adults with ADHD thrive

Transformative outcomes



Get personalized adult ADHD care today

