Resources for Eating Disorder Treatment, Support and Learning.

Screening; https://www.ementalhealth.ca/index.php?ID=5&m=survey

Eating Disorder Treatment:

Information & referrals (Canada-wide):

National Eating Disorder Information Centre (NEDIC) -1-866-NEDIC-20 NEDIC | home

Virtual Support- Canada

- Sheena's Place (free group support, age 17+) Sheena's Place
- Eating Disorders Nova Scotia (free peer group. age 18+) You are not alone | Eating Disorders Nova Scotia (eatingdisordersns.ca)
- The Looking Glass Foundation (free peer support, age 14+) HOME - The Looking Glass Foundation (lookingglassbc.com)
- Danielle's Place (free group support, youth & caregivers) Home (daniellesplace.org)
- Eating Disorder Support Network of Alberta (reduced cost group support, age 18+) Home - Eating Disorder Support Network of Alberta (edsna.ca)
- Silver Linings Foundation (reduced cost group support, adolescents & adults) Calgary Silver Linings Foundation - Eating Disorder Support
- Hopewell (reduced cost group support) Hopewell Eating Disorder Support Centre

Virtual Support – International

- Fighting Eating Disorders in Underrepresented Populations (FEDUP – resource network, free peer support) FEDUP | Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective (fedupcollective.org)
- Nalgona Positivity Pride (free peer support for BIPOC, age 18 +) Body Positivity Women of Color | Los Angeles | Nalgonapositivitypride
- The Eating Disorder Foundation (free group support, adolescents & adults) 1901 East 20th Avenue Denver, Colorado 80205 (eatingdisorderfoundation.org)

Caregiver Support

- National Initiative for Eating Disorders (NIED) NIED – National Initiative for Eating Disorders
- Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.) FEAST: Support and resources for families affected by eating disorders (feast-ed.org)

Education and Learning on Eating Disorders/Disordered Eating

- National Eating Disorders Association
- Kelly Eating Disorders Resource Library
- "Sick Enough" by Jennifer Gaudiani
- National Eating Disorder Information Centre (NEDIC) :

- Guide for supporting a friend who may be struggling with an eating disorder
- Adolescent eating disorder experience and stages of change
- A parents' and caregivers' guide to supporting youth with eating disorders
- Insightful video on recovery journey from Anorexia https://www.youtube.com/watch?v=HJDAcrgbIuQ

Podcasts to listen to:

- Dieticians Unplugged
- Food Heaven
- Food Psych