

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=HJDACrgbluQ>

Podcasts to listen to:

- Dieticians Unplugged
- Food Heaven
- Food Psych