

Everyone Has A Role To Play

Resources

For people affected by an eating disorder

IMMEDIATE SUPPORT

National Eating Disorder Information Centre (NEDIC)

- Anonymous & confidential national helpline and online chat focused on EDs

Kids Help Phone

- 24/7 mental health support for Canadians ages 5-29

Crisis Services Canada

- 24/7 crisis support for Canadians of all ages

Hope For Wellness

- 24/7 mental health & crisis support for Indigenous people

WHERE CAN I LEARN MORE?

- NEDIC - Help for Yourself
- F.E.A.S.T. - Voices of Lived Experience of Eating Disorders
- National Initiative for Eating Disorders (NIED) - Understanding Starts Here
- Body Brave - Online Self-Guided Recovery Support Program
- Workshops hosted by community-based eating disorder organizations

SELF-ADVOCACY

- NEDIC & Body Brave - Guide to Discussing Your Concerns with Your Doctor
- Academy for Eating Disorders - Global Guidelines on Diagnosis & Treatment of Eating Disorders
- Psychology Today - What It Means to Be a Health at Every Size (HAES) Provider
- NEDIC - Distraction Techniques when you're needing to cope with a feeling until you can skillfully address it later