

## Eating Disorders: Resources for Families

### BACKGROUND INFO: EATING DISORDERS

#### National Eating Disorder Information Centre (NEDIC) [www.nedic.ca](http://www.nedic.ca)

Provides information and resources on eating disorders, self-help and prevention techniques for family and friends of teens with Eating Disorders

#### Something Fishy - Website on Eating Disorders [www.something-fishy.org](http://www.something-fishy.org)

Educational link that offers background information, support for families and teens dealing with Eating Disorders by providing access to treatment and group therapy resources

### SUPPORT SERVICES

#### Kelty Resource Centre [www.bcmhas.ca/keltyresourcecentre](http://www.bcmhas.ca/keltyresourcecentre)

Provides brochures, DVDs, multilingual resources on Mental Health and Addictions for BC Children, youth and families as well as support over phone, in person and email for all ages who are struggling with Eating Disorders

#### Jessie's Hope Society [www.jessieshope.org](http://www.jessieshope.org)

Offers best practices prevention training and resources for parents, teens, educators and mental health professionals who support youth in living strong-body, mind, and spirit

#### Looking Glass Foundation [www.lookingglassbc.com](http://www.lookingglassbc.com)

Provides support to parents and treatment facilities for afflicted adolescents including online session-Ask an expert

### TOOLKITS & RESOURCES

#### Family Resource Library (FRL) [www.bcchildrens.ca/frl](http://www.bcchildrens.ca/frl)

Holds collection of books and DVDs for parents and youth on Eating Disorders including the DVD: *An Introduction to Effective Meal Support: A Guide for Family & Friends*. Library provides free mailing service

#### Calgary Health Region – Eating Disorder Program Handouts

<http://www.calgaryhealthregion.ca/eatingdis/edhandouts.htm>

Offers *Promoting Positive Body Image: A Guide for Parents*

#### US National Eating Disorders Association (NEDA)

<http://www.nationaleatingdisorders.org/information-resources/parent-toolkit.php>

Provides a parent toolkit for anyone wanting to understand more about eating disorders and how to support a family member or friend who's affected

### HEALTHY EATING AND BODY IMAGE

#### Heretohelp <http://www.heretohelp.bc.ca/understand/body-image>

Links to articles on body image, eating and living well and personal stories

#### Dial-a-Dietitian [www.dialadietitian.org/nutrition.asp](http://www.dialadietitian.org/nutrition.asp)

Links to Nutrition and healthy eating, diets adapted to Punjabi and Vegetarian eaters

#### Mission Nutrition [www.missionnutrition.ca](http://www.missionnutrition.ca)

Focuses on instilling healthy eating habits in school age children and offers healthy eating and body image resources for parents

#### Body Image Works [www.bodyimageworks.com](http://www.bodyimageworks.com)

Resources to help children, youth and adults to formulate healthy attitudes and behaviors about body image and self-acceptance