

Eating Disorders

BACKGROUND INFO: EATING DISORDERS

National Eating Disorder Information Centre (NEDIC) 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 Educational link that offers background information, support for families and teens dealing with Eating Disorders by providing access to treatment and group therapy resources

Caring Online – Hope for those with Eating Disorders

<http://www.caringonline.com/eatdis/helpothers.html#Nutrition>

Provides resources, current research and a list of “Do’s” and “Don’ts” for Parents concerned about their child’s Eating Disorder

SUPPORT SERVICES

Kelty Resource Centre 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

Family Services of North Shore <http://www.familyservices.bc.ca/counselling.html#groups> Offers **Eating Disorder Support Group** for parents and partners who deal with the challenges of having a family member with an eating disorder.

Looking Glass Foundation www.lookingglassbc.com

Provides support to parents and support group for anyone over 17 struggling with eating disorders

Listing of BC eating disorder programs and services

<http://www.ementalhealth.ca/site/bc-vancouvercoastal/index.php?m=1&ID=36>

TOOLKITS & RESOURCES

Family Resource Library (FRL) 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>

Eating Disorder guides for parents, friends, schools and caregivers

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

Centre for Clinical Intervention Self Help Manuals on Overcoming Disordered Eating Part A and B

<http://www.cci.health.wa.gov.au/resources/consumers.cfm>

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

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

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