



Eating Disorders

A community-based team is here to help

■ You are not alone.

Eating disorders affect the lives of thousands of Canadians each year. The physical and psychological consequences of eating disorders can be severe and long-lasting. **But there is hope. We can help.**

■ What is the Eating Disorders program?

As members of a provincial network for eating disorders, we offer a variety of coordinated and evidence-based services (see below for details) to persons experiencing an eating disorder. Our teams are community-based.

■ What is an Eating Disorder?

People struggling with eating disorders may:

- under eat
- binge eat an extremely large amount of food in a short period of time and often feel out of control
- have an obsessive desire to be thinner
- judge self-worth based on body shape and weight
- try to control their weight by vomiting, excessive exercise, abusing laxatives, diet pills or diuretics

■ Who do we serve?

Our services are available for children, youth and adults in Waterloo Region and Wellington County.

■ How do I start recovery?

We offer a comprehensive assessment upfront, including time spent with our nurse practitioner, dietician and therapist. We will suggest ongoing treatment services that can support your recovery plan which includes a family-based therapy approach for children, youth and families and a group-based treatment approach for adults. A volunteer-led family and friends group is also available for education and support.

“It’s not our bodies that need changing... it’s our attitudes!”

■ Privacy

At CMHA WW, your privacy is paramount. To learn more about our privacy policies visit:

www.cmhaww.ca/privacy



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

How to access our Eating Disorders program

Referrals are welcome from anyone, including families, doctors and community partners.

To be involved in our program, medical monitoring by your family doctor is required.

To learn more about the Eating Disorders program or to get a referral, please call Here 24/7 at

1-844-HERE-247 (437-3247)

You can also visit our websites:

www.here247.ca
www.cmhaww.ca

For more information about eating disorders, visit:

www.nedic.ca
www.maudsleyparents.org