



# Resource Sheet

## Child and Adolescent Eating Disorders

Having a loved one with a suspected eating disorder can create a great deal of worry and stress for parents and caregivers. It can be helpful to become more educated about eating disorders and to seek a support network for yourself.

Care for an eating disorder involves medical monitoring, nutritional counselling and psychotherapy to support recovery. Arranging for support in these areas will help you and your loved one to manage the challenges associated with an eating disorder. Regular monitoring with your primary care provider to monitor for complications of an eating disorder or medical instability on an ongoing basis is of vital importance.



## Medical Care

Schedule regular follow-up appointments with your healthcare provider to monitor and manage health risks and address any concerns with or changes in your child's condition. You should discuss with your primary care provider how often they would recommend appointments.

For more information on recognizing and managing risks in the care of an individual with an eating disorder, refer to the Academy of Eating Disorders' guide to medical care which can be accessed online at [www.aedweb.org/resources/publications/medical-care-standards](http://www.aedweb.org/resources/publications/medical-care-standards)

The level of care that your loved one receives should be based on their medical stability and symptom severity. Hospital admission may be recommended if your loved one presents with symptoms of medical instability.

### Levels of care for eating disorder treatment include:

- Self-directed interventions: activities the person with the eating disorder can do on their own to address their condition (e.g., using books, manuals, online resources)
- Outpatient treatment: shorter visits at a clinic or hospital, could be individual or group based
- Day treatment: longer visits at a hospital or other facility that does not require overnight stay
- Live-in treatment (formerly referred to as residential treatment): longer-term 24-hour care that requires overnight stay at a facility that is not an acute care hospital
- Inpatient treatment: overnight care at a hospital, which may include medical stabilization (more intensive treatment to help the body recover)



# Resource Sheet

## Psychotherapy and Nutrition Care

Many publicly funded eating disorders programs have a wait for service. You may wish to consider accessing private supports to treat the eating disorder under your workplace benefits, an employee assistance program (EAP) or you may want to pay out of pocket. The National Eating Disorders Information Centre maintains a database of providers with expertise in the treatment of eating disorders, which can be accessed at <https://nedic.ca/find-a-provider/>.

There are also a number of free support services available that are listed below.



## Eating Disorders Resources

National Eating Disorders Information Centre - <https://nedic.ca/>

- NEDIC provides information, resources, referrals, and support to anyone in Canada affected by an eating disorder.

National Eating Disorder Information Centre (NEDIC) Helpline:

1-866-NEDIC-20, email [nedic@uhn.ca](mailto:nedic@uhn.ca), and live chat services are available (EST).

- A helpline for Canadians impacted by an eating disorder.  
9am – 9pm Monday – Thursday  
9am – 5pm on Friday  
12pm – 5pm on Saturday and Sunday

## Information and Awareness

National Initiative for Eating Disorders: [nied.ca/](http://nied.ca/)

- NIED is a national organization that aims to implement change in the understanding, treatment, and funding of Eating Disorders in Canada.

CMHA WW Eating Disorders Service: [cmhaww.ca/services/eating-disorders/](http://cmhaww.ca/services/eating-disorders/)

- Information about the Eating Disorder Program at CMHA WW, as well as resources to support individuals, parents, and caregivers.

Kelty Eating Disorders: [keltyeatingdisorders.ca](http://keltyeatingdisorders.ca)

- Information related to types of eating disorders and treatment options.

Waterloo Wellington Eating Disorders Coalition: [eatingdisorderscoalition.ca](http://eatingdisorderscoalition.ca)

- Promotes awareness and training in the prevention and treatment of eating disorders, including a resource page with local therapists and dietitians.



# Resource Sheet

## Support for Caregivers

### Understanding Eating Disorders in Adolescence

[canped.ca](http://canped.ca)

A support tool for parents, caregivers, and health care providers who provide care for youth suspected of having an eating disorder.

### F.E.A.S.T's Around The Dinner Table Forum

[feast-ed.org/forum/](http://feast-ed.org/forum/)

A support resource for parents and caregivers of children with an eating disorder.

### Family and Friend's Support Group

[www.cmhaww.ca/programs-services/services-for-eating-disorders/family-and-friends-education-and-support-group/](http://www.cmhaww.ca/programs-services/services-for-eating-disorders/family-and-friends-education-and-support-group/)-  
Kitchener-Waterloo & Virtual

A virtual support group for friends and family of individuals with an Eating Disorder, facilitated by parents with lived experience.

### Eating Disorders Virtual Support Group for Parents

A virtual peer-led support group for care providers of children and adolescents with eating disorders. The group is a place where caregivers and parents can share their stories and learn from one another. This group runs on the second Tuesday and fourth Thursday of the month at 6:30pm. If you are interested in this group, please email [hope4eatingdisorders@gmail.com](mailto:hope4eatingdisorders@gmail.com) for more information.

## Support and Treatment Resources

**Body Brave-** [bodybrave.ca](http://bodybrave.ca) - Virtual Support available for ages 14+, additional support services for ages 17+

- Several closed and drop-in groups related to recovery, nutrition, and challenging eating disorder behaviours.

**Danielle's Place-** [daniellesplace.org](http://daniellesplace.org) - Burlington

- A range of groups for female-identifying and non-binary youth ages 8-16. These groups support individuals identified as at risk of an eating disorder diagnosis and may be struggling with low self-esteem, body image concerns, dieting behaviors, over-exercise, and negative self-talk.

**Sheena's Place-** [sheenasplace.org](http://sheenasplace.org) – Toronto & Virtual

- Several groups which include support, skill-building, expressive art, body image and movement, and nutrition for ages 17+.





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## Books

James Lock and Daniel Le Grange (2015). *Help Your Teenager Beat an Eating Disorder – 2nd Edition*

Lauren Muhlheim (2018). *When Your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia, and Binge Eating*

Janet Treasure, Grainne Smith, and Anna Crane (2016). *Skills-based Caring for a Loved One with an Eating Disorder: The New Maudsley Method*

Tim Walsh and Deborah R. Glasofer (2020). *If Your Adolescent Has an Eating Disorder: An Essential Resource For Parents – 2nd Edition*

Casey Crosbie, Wendy Sterling et. al (2018), *How to Nourish Your Child Through an Eating Disorder*



## Urgent Care Supports

If your child is struggling with thoughts of self-harm or feeling unsafe, please go to your local emergency department or call 911. The following links are to crisis phone lines and chats and can offer support on an urgent basis. There is no fee for these services.

### Suicide Crisis Helpline: Text or call 988

- 9-8-8 is for anyone who is thinking about suicide, or who is worried about someone they know. Connect to a responder to get help without judgement. Call or text 9-8-8 toll-free, anytime for support in English or French.

### Here 24/7: 1-844-437-3246

- If you or someone you know is in crisis or in need of support, call Here 24/7 anytime. To connect with any other services within CMHA, contacting Here 24/7 is the first step in the process.

### Kids Help Phone: 1-800-688-6868; or text 'CONNECT' to 686868

- Kids Help Phone is Canada's only 24/7 e-mental health service offering free, multilingual and confidential support to help all young people.

## Other Supports

### Front Door Children's Mental Health:

519-749-2932 [www.frontdoormentalhealth.com](http://www.frontdoormentalhealth.com)

Access to children's mental health and crisis services in Waterloo Region Monday to Friday 830am-430pm.

### CMHA WW Children's Mental Health in Guelph-Wellington:

1-844-CMHA-WW3 (264-2993)  
[cmhaww.ca/services/children/](http://cmhaww.ca/services/children/)