



Resource Sheet

For Caregivers and Loved Ones: Adult Eating Disorder Services

Medical Resources

Signs and symptoms to look out for in a loved one with an eating disorder, which indicate that they should seek medical care

- [When to Seek Medical Care for an Eating Disorder](#)

Eating Disorder Resources

The National Eating Disorder Information Centre provides a range of resources for caregivers and loved ones of individuals with eating disorders

- [NEDIC | Help for Someone Else](#)

Support Groups

The following programs offer free, virtual, eating disorder support groups for caregivers and loved ones supporting individuals with eating disorders. Check out the links below for more information about when groups are being offered.

- [Support for Caregivers & Loved Ones | Sheena's Place](#)
- [Family & Friends Peer Support Group | Eating Disorders Nova Scotia](#)
- [Family & Friends Support Group | The Eating Disorder Foundation](#)