



Resource Sheet

Adult Eating Disorder Services

Being connected to a family doctor or primary care provider is an important part of eating disorder treatment as you may be asked to schedule regular follow-up appointments with your healthcare provider to monitor and manage any health risks related to your eating disorder. You should discuss with your primary care provider how often they would recommend appointments.

[Health Care Connect - My Home Page - MOHLTC \(gov.on.ca\)](#)

- Resource for people looking to find a primary care providers

[ED Handout for Family Physicians – I suspect my patient has an eating disorder: What now?](#)

- Resource that can be provided to primary care providers about how to recognize and manage medical risks with an eating disorder

Publicly Funded Eating Disorder Treatment in Ontario

There are different levels of eating disorder support and treatment. The level of eating disorder treatment that you receive should be based on your medical stability and symptom severity. Higher levels of care may be recommended if you present with symptoms of medical instability.

Outpatient Eating Disorder Treatment:

- [CMHA Waterloo Wellington](#)

Intensive Outpatient Treatment and Eating Disorders Day Treatment:

- [Toronto General Hospital Intensive Outpatient Program](#)
- [Credit Valley Hospital Day Treatment Program](#)

Inpatient Eating Disorder Treatment:

- [Credit Valley Hospital Inpatient Program](#)
- [Toronto General Hospital Inpatient Program](#)

Live-in Eating Disorder Treatment:

- [Homewood Health Centre Live-In Treatment](#)
 - Often requires a fee for treatment**/limited public funding available



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Eating Disorder Support Groups:

- [Body Brave](#)
 - Offers virtual eating disorder support groups
- [Sheena's Place](#)
 - Offers virtual eating disorder support groups

Other Eating Disorder Resources:

- [National Eating Disorders Information Centre](#)
 - NEDIC provides general resources, a chat line, a helpline (1-866-NEDIC-20), and a database of eating disorder treatment providers.
- [Waterloo Wellington Eating Disorders Coalition](#)
 - Promotes awareness and training in the prevention and treatment of eating disorders and has a database of eating disorder trained local therapists and dietitians.

Crisis Supports

If you are 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.

- [Here 24/7 – 1-844-437-3247 - Crisis Services](#)
 - If you or someone you know is in crisis or in need of support, call Here 24/7 anytime
- [Get Help | 9-8-8: Suicide Crisis Helpline](#)
 - 9-8-8 is for anyone who is thinking about suicide, or who is worried about someone they know. Call or text 9-8-8 toll-free, anytime

Other Mental Health and Addictions Support

- [Here 24/7 - 1-844-437-3247 - Addictions & Mental Health Services](#)
 - Here 24/7 is your front door to the addictions and mental health services provided by 11 agencies across Waterloo Wellington. Here 24/7 will complete intakes and referrals for most local government funded addictions and mental health services, treatment and therapeutic supports