

Eating Disorder Resources for Patients & Families

Kelty Eating Disorders Website (keltyeatingdisorders.ca)

- General Eating Disorder information & resources
 - Meal Support educational videos (in multiple languages)
 - Description of Eating Disorder Program types (e.g. Outpatient, Day Treatment, Inpatient, Residential)
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FEAST Webinars (www.feast-ed.org/f-e-a-s-t-webinars)

- Webinars feature a wide range of topics including:
 - Eating disorders in males
 - The effect of eating disorders on siblings
 - How to talk to your child with an eating disorder
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Looking Glass Foundation (lookingglassbc.com)

- Peer support program, “Hand in Hand” (all Canadian Residents age 16+)
 - Online peer support chats
 - Private Counsellor & Dietitian Directory
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Family Smart (familysmart.ca)

- Peer support for parents (one to one support via phone or email)
 - Support with systems navigation
 - Monthly drop-in groups on various mental health topics (some with a focus on eating disorders)
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PATSED Family & Friends Education Webinar Series

(mh.providencehealthcare.org/family-and-friends-education-webinar-series)

- Intended for family & friends of adult clients (age 18+)
 - Offered three times per year
 - Attendees can register online
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Australia Centre for Clinical Intervention Website

(www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating)

- Contains self-help resources including workbooks, information sheets, and worksheets
- Topics range from self-compassion and body image to psychoeducation and effects on the body

Dr. Kristin Neff's Self-Compassion Website (self-compassion.org)

- General information on self-compassion
 - Downloadable guided practices & exercises
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National Eating Disorder Information Centre (nedic.ca)

- Information, resources, referrals, and support for anyone in Canada affected by an eating disorder
 - Helpline support offered via phone, email, or live chat
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Crisis Support

If you or your child is experiencing a medical or mental health Emergency, please call 911 or present to your local emergency department.

Emergency Symptoms:

- Fainting
- Severe or prolonged chest pain
- No food/fluid intake for greater than 24 hours
- Confusion
- Suicide risk
- Hypoglycemia symptoms: Confusion, shakiness, sweating/chills/clamminess, dizziness, fast heart beat
- Vomiting blood

Access and Assessment Centre (AAC) Vancouver (age 17+): 604-675-3700

BC Crisis Line: 1-800-SUICIDE

Online Crisis Chat Service for Youth: www.youthinbc.com (noon to 1 am)

Online Crisis Chat Service for Adults: www.crisiscentrechat.ca (noon to 1 am)

We recommend that any person with an eating disorder receives regular medical follow up with a Primary Care Provider (i.e. Family Doctor, Nurse Practitioner, or Pediatrician). For more information on finding a Primary Care Provider, go to findadoctorbc.ca

Your Primary Care Provider should monitor:

- Heart rate and blood pressure (sitting & standing)
- Weight (number not discussed with patient)
- Lab work & ECG as needed