

Eating Disorders – Resources for Service Providers

Websites

Academy for Eating Disorders

aedweb.org

A site primarily aimed at health professionals, with information about eating disorders, including treatment, consequences of eating disorders, an eating disorders glossary and links to other resources.

Jessie's Legacy Eating Disorder Prevention Program, Family Services of the North Shore

familyservices.bc.ca

Offers provincial work in eating disorders prevention education, resources and support for BC youth, families, educators and professionals who support youth in living strong-body, mind, and spirit.

Looking Glass Foundation

lookingglassbc.com

Provides support to parents and treatment facilities for afflicted adolescents including 'Ask an Expert' online sessions.

National Eating Disorder Information Centre (NEDIC)

nedic.ca

Provides support to parents and treatment facilities for afflicted adolescents including 'Ask an Expert' online sessions.

Toolkits

BalancedView

balancedviewbc.ca

BalancedView is an evidence-informed resource designed to reduce weight bias and stigma among medical, mental health, allied health and public health professionals to improve patient outcomes across the province.

Centre for Clinical Interventions

cci.health.wa.gov.au

Australia website providing resources for professionals treating eating disorders, mood or anxiety disorders, including therapist manuals and fact sheets. Navigate to 'Resources' and then 'Mental Health Practitioners' on the website menu.

Here to Help

www.heretohelp.bc.ca

Links to fact sheets and toolkits on body image, eating and living well. Navigate to Self-Help Resources > Eating Disorders. See also heretohelp.bc.ca/personal-stories for stories from people with eating disorders.

The National Eating Disorders Association Educator Toolkit (US)

nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf

This toolkit is intended to help dispel all-too-common misunderstandings about eating disorders and those affected by them.

The Student Body: Promoting Health at Any Size

thestudentbody.aboutkidshealth.ca

The Student Body is a teacher training module designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it.

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Rudd Center for Food Policy and Obesity: Weight Bias & Stigma

<http://www.uconnruddcenter.org/weight-bias-stigma>

Materials geared for children, teens, parents, and professionals. Includes media resources, podcasts, videos, a blog, handouts, FAQ, continuing education opportunities, policy briefs and reports, information on new studies, and a toolkit for professionals.

Books & Videos

Eating Disorders Meal Support: Helpful Approaches for Families

[youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

This video series provides strategies to help parents and families provide structure and support to youth with eating disorders before, during and after meals. Also available in Traditional and Simplified Chinese, Korean, and Punjabi. Navigate to Eating Disorders playlist to access the full list of videos.

Family-Based Treatment for Anorexia Nervosa video

maudsleyparents.org/learnmore.html

A listing of videos including an 18 minute video on Family-Based Treatment for Anorexia Nervosa with interviews with eating disorder experts and a young woman recovered from Anorexia Nervosa.; info on Family Based Treatment for young adults, and a brief overview of what the Maudsley approach is and is not.

Health Guru Body Image Video

college.healthguru.com/video/healthy-body-image

A short video for post secondary students in various topics including building a healthy body image, understanding anorexia nervosa, bulimia nervosa, bingeing as well as addicted to exercise.

Help Your Teenager Beat an Eating Disorder (2005)

James Lock & Daniel Le Grange | FSRC

A short video for post secondary students in various topics including building a healthy body image, understanding anorexia nervosa, bulimia nervosa, bingeing as well as over-exercise.

I'm, like, so fat!: Helping your teen make healthy choices about eating and exercise in a weight-obsessed world (2005)

Dianne Neumark-Sztainer

This book shows parents how to strike the difficult balance between bolstering self-esteem and offering constructive advice.

This Is My Body: A Film by High School Girls (2009)

Leanne Levy | FSRC

Suitable for teachers, parents and health professionals, this film presents the lives of teenage girls brave enough to share their experiences and secrets about what it means to be a girl at this time of their lives.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>

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Support Services

British Columbia Centres for Excellence in Eating Disorders

cfe.keltyeatingdisorders.ca

The BC Centres for Excellence in Eating Disorders (BC CFE) aims to build knowledge and capacity amongst hospital, clinicians, community providers, patients and families in BC to support the provision of high quality eating disorders prevention, early intervention, treatment and follow-up services. The BC CFE links to the BC Eating Disorders Community of Practice (CoP).

BC Eating Disorders Community of Practice

The BC Eating Disorders Community of Practice (BC ED CoP) aims to facilitate knowledge exchange activities for eating disorders educators, practitioners and clinicians in British Columbia. To join, visit <http://cfe.keltyeatingdisorders.ca/user/register>

Jessie's Legacy, A Program of the Family Services of the North Shore

Tel: 1-888-988-5281 ext. 204 | familyservices.bc.ca/professionals-a-educators/jessies-legacy

Jessie's Legacy offers web based services and resources, along with media watch, on-line and telephone support, psycho-education groups for parents and an Eating Disorder Support Group for Parents, Partners and Friends.

Kelty Mental Health Resource Centre

Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

The Kelty Mental Health Resource Centre is BC's information source for children, youth and families dealing with mental health and substance use challenges. In addition, the centre offers resources on eating disorders for all ages. Peer support is available for youth, parents of children with mental health or substance use challenges, as well as individuals of any age struggling with an eating disorder.

The Looking Glass Foundation

Tel: 604-314-0548 | lookingglassbc.com

A BC-based group providing support for teens and young adults struggling with Eating Disorders. Website includes information on their Summer Camp, Free Weekly Drop-In Support Groups, Provincial On-Line Support Groups, and Looking Glass Residence Treatment Centre for Eating Disorders.