

Eating Disorders – Resources for Males

Websites

Association of Anorexia and Associated Disorders (ANAD)

www.anad.org/get-information/males-eating-disorders

Talks about eating disorders in male, and includes a personal story. Also talks about eating disorder in work place, comorbid depression, medical problems and treatment options.

Anorexia Nervosa and Related Eating Disorders (ANRED)

www.anred.com/males.html

Males with eating disorders

Bulimia.com

www.bulimia.com/index.cfm

A resource dedicated to providing information and treatment options to men and women suffering from anorexia, bulimia, and other types of eating disorders.

Boys Get Anorexia Too

www.boyanorexia.com/

This website seeks to provide support, comfort, information and some words of advice for anyone concerned about a boy or young man's eating habits and exercise patterns.

Caring Online

www.caringonline.com/eatdis/intro.htm

Provides resources, current research and articles on eating disorders.

Eatingdisordersblogs.com

www.eatingdisordersblogs.com

A blog about eating disorders. Also has eating disorders resources.

Eating Disorders Help Guide

www.eatingdisordershelpguide.com/males-boys.html

Provides a general overview of eating disorders in men and research in this area. It also includes binge eating without purging, and body image issues among men especially.

Here to Help

www.heretohelp.bc.ca | Navigate to Understand More > Body Image.

A BC-based website on mental health and substance use, including information on eating disorders for teens and parents.

Men Get Eating Disorders Too (MGEDT)

mengetedstoo.co.uk

A charitable organization that seeks to raise awareness of eating disorders in men so men are able to recognize their symptoms and access support when they need it.

National Association for Males with Eating Disorders (NAMED)

www.namedinc.org

Provide support to males with eating disorders, to educate the public on the issue, and to be a resource of information on the subject.

National Eating Disorder Association (NEDA)

<http://www.nationaleatingdisorders.org/males-and-eating-disorders>

Includes brief description of male eating disorders. It also provides links to articles on: anorexia, bulimia and binge eating disorders in males, body image issues and research in this area.

National Eating Disorder Information Centre (NEDIC)

www.nedic.ca

A Canadian website that provides information and resources on food and weight preoccupation, body image and self-esteem, and treatment and recovery of Eating Disorders.

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Books & Videos

Becoming John: Anorexia's Not Just For Girls (2011)

John Evans

In this book, the author seeks uses their first-hand experiences with anorexia to dispel the myth that eating disorders are a female-only problem.

Boys Get Anorexia Too: Coping with Male Eating Disorders in the Family (2006)

Jenny Langley | FSRC

This book describes the experiences of a family whose son had an eating disorder, and provides a practical guide on how to cope with male eating disorders.

Eating Disorders Bibliography

www.cw.bc.ca/library/pdf/Eating%20Disorders%20Bibliography%20Sep08.pdf

Full listing of Eating Disorder Bibliography is available at the BC Children Hospital's Family Resource Library (FSRC).

Eating Disorder Survivors Tell Their Stories (1998)

Christina Chiu | FSRC

Youth talk frankly to other teens and parents about their experiences with anorexia, bulimia, exercise addiction and compulsive eating. How they dealt with these disorders and what advice they have for other teens. Features both male and female survivors.

Fit to Die: 'Men and Eating Disorders' (2004)

Anna Paterson

This book draws attention to the characteristic and special difficulties for men, including athletics, body building and eating; depression and self-esteem; eating disorders and homosexuality.

Making Weight: Men's Conflicts with Food, Weight, Shape and Appearance (2000)

Arnold Andersen, Leigh Cohn, and Tom Holbrook

Talks about and describes men's dissatisfaction with their bodies.

Please eat...: A mother's struggle to free her teenage son from anorexia (2013)

Beverly Mattocks

An inspirational account of how one mother watched helplessly as her son transformed into someone she didn't recognize, physically and mentally. It also describes how, with the help of his parents and therapist, and through his own determination, her son slowly began to recover and re-build his life.

The Invisible Man: A Self Help Guide for Men With Eating Disorders, Compulsive Exercise and Bigorexia' (2008)

John F. Morgan

By combining the science of cognitive behaviour therapy with motivational development and problem-solving therapies, *The Invisible Man* will provide help to all men with body image disorders, as well as families and professionals involved in their care.

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

Kelty Mental Health Resource Centre Tel: 604-875-2084 | Toll-Free: 1-800-665-1822
keltymentalhealth.ca | keltycentre@cw.bc.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

Family Services of North Shore: Jessie's Legacy Eating Disorder Prevention Program
(604) 988-5281 | <http://www.familyservices.bc.ca/professionals-a-educators/jessies-legacy/resource-for-boys-a-men/resource-listing>

Provides eating disorders prevention education, resources and support for BC youth, families, educators and professionals.

Looking Glass Foundation for Eating Disorders
www.lookingglassbc.com | [chat.lookingglassbc.com](https://www.chat.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, and free Provincial On-Line Support Groups.

Additional Support Services

BC Association of Clinical Counselors
1-800-909-6303 | www.bc-counsellors.org

BC Psychological Association
(604) 730-0522 | 1-800-730-0522 | www.psychologists.bc.ca

Directory for Eating Disorders in BC
1-866-633-4220 | www.nedic.ca

Family Services of Greater Vancouver: Counselling Program
(604) 874-2938 | <http://www.fsgv.ca/find-the-support-you-need/counselling/>

General Counselling in BC
www.counsellingbc.com/areas/Eating+Disorders