

## Resources for caregivers

**Webpage: National Eating Disorder Information Centre: Helping your child**

About: Guide available to download

Link: <https://nedic.ca/helping-your-child/>

**Webpage: Understanding Eating Disorders in Adolescence**

About: 6 Modules containing educational videos

Link: <http://www.canped.ca/modules>

**Webpage: Kelty Eating Disorders**

About: Contains meal support resources

Link: <https://keltyeatingdisorders.ca/> Video: <https://youtu.be/pPSLdUUITWE>

**Webpage: F.E.A.S.T Families Empowered And Supporting Treatment for ED**

About: Support and Education

Link: <https://www.feast-ed.org/what-is-feast/>

**Webpage: Parents Act Now! Help your teenager beat anorexia**

About: Free course, Self-paced

Link: <https://www.edx.org/course/parents-act-now-help-your-teenager-beat-anorexia-nervosa>

**Webpage: Mental Health Foundations**

About: Education and skills for caregiving

Link: <https://www.mentalhealthfoundations.ca/resources>

**Webpage: Kids Eat In Colour**

About: Tips for mealtimes and picky eating

Link: <http://kidseatincolor.com>

**Webpage: Anorexie et Boulimie Québec (ANEB)**

About: Support offered in french for individuals and caregivers

Link: <https://anebquebec.com/>

## Resources for adults

**Webpage: National Eating Disorder Information Centre**

About: Eating disorders information

Link: <https://nedic.ca/general-information/>

**Webpage: Body Brave**

About: Self-register for support services, self-guided

Link: <https://www.bodybrave.ca/>

**Webpage: Sheena's Place - Support for eating disorders**

About: Free support and virtual groups, self-guided

Link: <https://sheenasplace.org/>

**Webpage: Change Creates Change - Eating Disorder Care**

About: Helpful articles and videos

Link: <https://changecreateschange.com/resources/>

**Webpage: Behind the Before and After: Intuitive Eating and Body Image**

About: Documentary

Link: [https://youtu.be/eTY\\_hCTmI98](https://youtu.be/eTY_hCTmI98)

**Webpage: Hopewell - Eating Disorder Support Centre**

About: Programs

Link: <https://www.hopewell.ca/>

**Webpage: Blossom Counselling Centre Facebook**

About: Psychotherapy and nutrition information

Link: <https://www.facebook.com/blossomcounsellingcentre/>

If you require crisis intervention you can access the Mental Health Crisis Line via telephone (24/7) or attend your local emergency department.

Timmins and Area: 705-264-3003 or Toll Free: 1-888-340-3003