Resources - Treatment & Support

Information, service provider directory, toll-free helpline and live chat:
National Eating Disorder Information Centre (NEDIC) - 1-866-NEDIC-20

Inpatient & outpatient hospital treatment:
Ministry Of Health Funded Eating Disorder Programs in Ontario

Community-based treatment:

- Body Brave (community-based, OHIP-covered, virtual treatment, age 18+)
- For private therapists & clinics, visit nedic.ca

Community-based group support (virtual & in-person):

- Sheena's Place (free group support, age 17+)
- Hopewell (reduced cost group support, age 17+)
- Danielle's Place (free group support, youth & caregivers)
- The Looking Glass Foundation (free peer support, age 14+)
- Eating Disorder Support Network of Alberta (reduced cost group support, age 18+)
- Fighting Eating Disorders in Underrepresented Populations (FEDUP - free peer support)
- Nalgona Positivity Pride (free peer support for BIPOC, age 18+)

nedic
National Eating Disorder Information Centre

SHEENA'S PLACE
Support for eating disorders

Resources - Information

Eating disorders:

- National Eating Disorder Information Centre
  - Myths and truths about dieting and weight loss
  - Guide for supporting a friend who might be struggling with an eating disorder
  - A parents' and caregivers' guide to supporting youth with eating disorders
- National Eating Disorders Association
- Kelty Eating Disorders Resource Library
- "Sick Enough" by Jennifer Gaudiani
- Centre for Clinical Interventions - Disordered Eating Self-Help
- PEACE (Pathway for Eating disorders & Autism developed by Clinical Experience)
- Harm Reduction Is For Eating Disorders, Too by Kastalia Medrano

For primary health care providers:

- Ontario Health Quality Standards for Eating Disorders (+ patient and caregiver guides)
- AED Guide to Medical Care for Eating Disorders
- HAES Friendly ED Screening Tool
- The HAES Health Sheet Library

nedic
National Eating Disorder Information Centre

SHEENA'S PLACE
Support for eating disorders

Resources - Information

Diet culture, weight stigma, intuitive eating, self-care:

- The Health at Every Size® (HAES®) Approach by the Association for Size Diversity and Health
- “Poodle Science” YouTube video by the Association for Size Diversity and Health
- “Fearing the Black Body: The Racial Origins of Fat Phobia” by Sabrina Strings
- "Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness" by Da'Shaun L. Harrison
- “The Body is Not an Apology” by Sonya Renee Taylor
- "The Bizarre and Racist History of the BMI" by Your Fat Friend
- “Everything you know about obesity is wrong” by Michael Hobbes
- “My Journey Toward Radical Body Positivity” by Matt McGorry
- “6 Myths About Intuitive Eating—And What It Can Actually Do for You” by Christy Harrison
- "Adapting Intuitive Eating for Neurodivergent People" by Shira Collings
- "Reclaiming Audre Lorde's Radical Self-Care" by Kathleen Newman-Bremang

Podcasts

- Dieticians Unplugged
- Food Heaven
- Food Psych
- Maintenance Phase
- Racist Sandwich

nedic
National Eating Disorder Information Centre

SHEENA'S PLACE
Support for eating disorders