

Everyone Has A Role To Play

Resources

For people caring for someone affected by an eating disorder

SUPPORT

National Eating Disorder Information Centre (NEDIC)

- Anonymous & confidential national helpline and online chat focused on EDs

F.E.A.S.T.

- An international organization offering educational services and discussion forums on EDs created by and for families

Community-based eating disorder organizations

- Offer free or reduced costs supports like support groups, peer supports, and mentorship

LEARN MORE

- NEDIC - Helping Your Child
- Kelty Mental Health Resource Centre - Parents Survive to Thrive Guide
- National Eating Disorders Collaboration (AU) - Caring for Someone with an Eating Disorder
- Academy for Eating Disorders - Global Guidelines on the Diagnosis & Treatment of Eating Disorders
- NEDIC & Body Brave - Guide to Discussing Your Concerns with Your Child's Doctor
- F.E.A.S.T. - Lessons about Caring for the Caregiver
- Families for Recovered Eating - Caregiver Do's and Don'ts