

Eating Disorders & Body Image

Websites

Kelty Mental Health Eating Disorders Microsite

keltyeatingdisorders.ca

Offers information and resources for eating disorders as well as a list of relevant programs and services in BC. Links to the Kelty Mental Health Resource Centre YouTube Channel, which offers videos about issues related to eating disorders, including meal support and nutrition.

Jessie's Legacy Eating Disorders Prevention Program

jessieslegacy.com

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

Looking Glass Foundation for Eating Disorders

lookingglassbc.com

Offers early intervention and prevention information for anorexia, bulimia, and other eating disorders, as well as residential care, online support groups, scholarships, summer camps, and more.

Binge Eating Disorder Association

bedaonline.com

The Binge Eating Disorder Association is committed to building a community dedicated to those with binge eating disorder and associated weight stigma.

Bulimia Anorexia Nervosa Association

bana.ca/research-and-resources/downloadable-resources/

Provides downloadable health promotion and educational resources about eating disorders.

National Eating Disorders Association

nationaleatingdisorders.org

The NEDA network is a collaboration between NEDA and other like-minded organizations. Together, they provide a unified voice of strength, advocacy and support in the fight against eating disorders.

National Eating Disorder Collaboration

nedc.com.au

NEDC is a portal that brings research, expertise and evidence from leaders in the eating disorders field together in one place.

National Eating Disorder Information Centre

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.

Toolkits

Centre for Clinical Interventions

cci.health.wa.gov.au/resources/consumers.cfm

Offers specific resources on mental health topics through online modules as well as downloadable workbooks on "Overcoming Disordered Eating" and "Building Body Acceptance".

The National Eating Disorders Association Parent Toolkit (US)

nationaleatingdisorders.org/sites/default/files/Toolkits/parenttoolkit/index.html

The NEDA Parent Toolkit is for anyone who wants to understand more about how to support a family member or friend affected by an eating disorder. You will information about signs, symptoms and

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medical consequences; information about treatment and levels of care; and questions to ask when choosing a treatment provider.

Books & Videos

You are not alone: The book of companionship for women struggling with eating disorders (2006)

Andrea Roe

What are you hungry for? Women, food and spirituality (2002)

Lynn Ginsburg, Mary Taylor, Josef Pusedu

Anorexia & Bulimia

Bulimia: A Guide to Recovery (2011)

Lindsey Hall

The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control of Your Life (2009)

Ellen Astrachan-Fletcher

The Overcoming Bulimia Workbook: Your Comprehensive Step-by-Step Guide to Recovery (2003)

Randi E. McCabe, Tracy L. McFarlane, Marion P. Olmsted

Supporting Youth with Bulimia Nervosa: Helpful approaches for families

BC Mental Health & Substance Use

Services [youtube.com/watch?v=A3NNlp28k3A&list=PL21D7E85D804263B2&index=12](https://www.youtube.com/watch?v=A3NNlp28k3A&list=PL21D7E85D804263B2&index=12)

In this video, you will hear from parents and youth about strategies that they found helpful while recovering from Bulimia Nervosa.

Binge Eating Disorder

The Good Eater: The True Story of a Male Model's Struggle with Binge Eating Disorder (2007)

Ron Saxen

Tells a true story of binge eating disorder from a man's perspective, helps to break stereotypes and shed light on this issue.

My Big Fat Secret: How Jenna Takes Control of Her Emotions and Eating (2010)

Lynn R. Schechter

An overweight girl who is having a difficult time in middle school, has a hard time stopping eating when she feels sad or mad. Kids will learn how to stop overeating before it starts, identify emotional triggers, and get healthier by taking better care of their bodies and minds.

50 Ways to Soothe Yourself without Food (2009)

Susan Albers

A collection of mindfulness skills and practices for relaxing the body in times of stress and ending your dependence on eating as a means of coping with difficult emotions.

Body Image

Adonis Complex: How to Identify, Treat & Prevent Body Obsession in Men and Boys (2000)

Harrison Pope, Katharine A. Phillips, & Roberto Olivardia

This book identifies the symptoms and warning signs of the dangerous problem of the quest for physical perfection beyond the bounds of normal behavior, and gives readers hands-on advice.

I'm, Like, So Fat! Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World (2005)

Dianne Neumark-Sztainer

Shows parents how to strike the difficult balance between bolstering self-esteem and offering

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constructive advice.

Shredded (2005)

Douglas C. Taplin & Richard Gaudio

"Shredded" is about a group of teenage boys who want to transform their bodies so they become muscle-filled like their media heroes. This documentary is designed to provoke discussion among teenagers about body image and the line between healthy and dangerous behaviour.

Weight Bias at Home and School: Preview (2009)

[youtube.com/watch?v=bCJe42LGnB4&feature=relmfu](https://www.youtube.com/watch?v=bCJe42LGnB4&feature=relmfu)

The video from the Yale Rudd Centre helps parents and teachers understand the detrimental impacts that weight bias in school and at home can have on overweight or obese children and presents strategies to help combat this rapidly growing problem.

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>

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.

Anorexics and Bulimia Anonymous aba12steps.org

Food Addicts Tel: (781) 932-6300 | foodaddicts.org

They make use of the Twelve Steps and Twelve Traditions of Alcoholics Anonymous principles to gain freedom from addictive eating. There are no dues, fees, or weigh-ins at FA meetings.

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

Tel: (604) 988-5281 ext. 212 | 1-888-988-5281 ext. 212 | jessieslegacy.com

| jessieslegacy@familyservices.bc.ca

Jessie's Legacy offers one to one brief counseling, and has a support group for Parents, Partners and Friends of individuals with an eating disorder that runs twice monthly.

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 for Eating Disorders.

National Eating Disorder Information Centre Support Line Tel: 1-866-663-4220

Canada's only National Toll-Free Helpline providing information on treatment options and/or support to people across Canada either directly or indirectly affected by disordered eating and related concerns. Open Monday – Friday, 6 a.m. – 6 p.m. Pacific Time.

Overeaters Anonymous Tel: (604) 878-4575 | www.aa.org

Overeaters Anonymous provides peer support for people who want to stop compulsively overeating. Navigate to Meetings > Find a Face-to-Face Meeting and then select your location.