

Adult Eating Disorders Program Resources

Self-Help Resources:

-Overcoming Binge Eating: The Proven Program to Lean Why You Binge and How You Can Stop (2013), by Christopher Fairburn

-<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating> (free downloadable workbooks)

-digital Enhanced Cognitive Behaviour Therapy (CBTE): <https://www.cbte.co/self-help-programmes/digital-cbte/>

-The Overcoming Bulimia Workbook: Your Comprehensive Step-by-Step Guide to Recovery by Randi E. McCabe, Ph.D., Traci L. McFarlane, Ph.D., and Marion P. Olmsted, Ph.D. This book provides an overview of strategies for reducing binge eating and purging, as well as helping individuals explore and work on issues underlying the eating disorder.

-The Cognitive Behavior Workbook for Weight Management: A Step by Step Program by Michele Laliberte, Ph.D., Randi E. McCabe, Ph.D. and Valerie Taylor, MD, Ph.D. While intended for the general public this publication also includes useful information for those with eating disorders regarding the body's regulation of weight, planning eating and activity, overcoming hurdles, staying on your plan, and body image. The information on weight management options is particularly relevant to individuals with Binge Eating Disorder.

Support Groups for individuals with eating disorders:

- **Sheena's Place:** Offers support groups for individuals, families and friends affected by eating disorders to overcome barriers and provide effective, community-based services at all stages of recovery. <https://sheenasplace.org>
- **Eating Disorders of York Region's Riverwalk Wellness Centres:** Offers support groups and assistance with system navigation. <http://www.edoyr.com/support-programs>

Eating Disorder Resources

- **National Eating Disorder Information Centre (NEDIC):** NEDIC offers services to individuals and family and friends through providing resources across the country as well as through their HelpLine: Toll-Free: 1-866-NEDIC-20. Toronto: 416-340-4156. Email: nedic@uhn.ca. <https://nedic.ca>
- **ARFID** <https://www.eatingdisorderhope.com/blog/effective-treatments-adults-arfid>
<https://www.nationaleatingdisorders.org/learn/by-eating-disorder/arfid>

- **Body Brave Canada** <https://livingbodybrave.com/>
- **Kelty Eating Disorders** Information and resources about eating disorders including instructional videos for meal support etc. <https://keltyeatingdisorders.ca/>
- **Looking Glass Foundation:** Provides various forms of support to individuals struggling eating disorders. [Looking Glass Foundation](http://www.lookingglassbc.com) is in Vancouver, but does offer [online peer support](http://www.lookingglassbc.com) . www.lookingglassbc.com
- **National Institute of Mental Health** <http://www.nimh.nih.gov/health/publications/eating-disorders/complete-index.shtml>
- **The Body Dysmorphic Disorder Foundation** The BDD Foundation is a UK based charity devoted to alleviating the suffering of people affected by Body Dysmorphic Disorder. www.bddfoundation.org
- **The National Initiative for Eating Disorders (NIED):** NIED was launched in 2012 in Toronto, Canada. We have become the voice for Canadian families, caregivers, and individuals who are affected by Eating Disorders and other comorbid and concurrent diagnoses. www.nied.ca
- **Men Get Eating Disorders Too;** UK-based website for men who have been affected by eating disorders. www.mengetedstoo.co.uk

General Mental Health

- **Canadian Mental Health Association**
<https://www.camh.ca/>
- **Anxiety Disorders Association of Ontario**
www.anxietydisordersontario.ca
- **Self-Help Resources**
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- **ConnexOntario** provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling. We are funded by the Government of Ontario. ConnexOntario operates three helplines:

Drug and Alcohol Helpline 1-800-565-8603
Mental Health Helpline 1-866-531-2600
Ontario Problem Gambling Helpline 1-888-230-3505

The helplines are live answer 24/7, confidential and free.
www.connexontario.ca

- **24 hour Mental Health Crisis Line**
www.crisisline.ca
1-866-996-0991
- **EMentalhealth.ca** This mental health website provides information about mental health services in a growing number of areas in Ontario and beyond. You can also find a library of information reviewed by health professionals on a wide range of mental health topics. ementalhealth.ca
- **LGBT Youth Line** 1 800 268 9688
askus@youthline.ca