

#### APPENDIX 4. Eating Disorder Guidelines and Resources for Health Providers and Patients

CANADA	Description and Links to Access for Providers and Patients
<b>National Eating Disorder Information Centre (NEDIC)</b>  English & Some Resources available in French	Canadian non-profit organization providing resources on eating disorders and weight preoccupation. <a href="http://nedic.ca/">http://nedic.ca/</a>  National Toll-Free Number Helpline 1-866-633-4220 and Instant Chat support.  Offers Canadian Provincial Service Provider Directory: <a href="https://nedic.ca/find-a-provider/">https://nedic.ca/find-a-provider/</a>
<b>Kids Help Phone</b> English & French	<a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a> 1-800-668-6868 Phone or Live Chat support for adolescents and youth.  Search “eating disorder”. Specific Information about eating disorders and to chat: <a href="https://kidshelpphone.ca/get-info/what-eating-disorder/">https://kidshelpphone.ca/get-info/what-eating-disorder/</a>
<b>Shared Care – Collaborative Mental Health Care Toolkit – Eating Disorders</b> <a href="http://www.shared-care.ca/toolkits">http://www.shared-care.ca/toolkits</a> College of Family Physicians of Canada and Canadian Psychiatric Association. Putting Eating Disorders on the Radar of Primary Care Providers: Assessment Tools, Guidelines, Resources 2010. Central West Eating Disorders Program.	
<b>Canadian Mental Health Association</b> Eating Disorders <a href="https://sk.cmha.ca/documents/eating-disorders/">https://sk.cmha.ca/documents/eating-disorders/</a>	
<b>Centre for Addiction and Mental Health</b> <a href="https://cmha.ca/">https://cmha.ca/</a> Search “eating disorders”	
<b>British Columbia</b>	<ul style="list-style-type: none"> <li>BC Centres for Excellence in Eating Disorders. Clinical Practice Guidelines for BC Eating Disorders Continuum of Services 2010. <a href="https://cfe.keltyeatingdisorders.ca/res/clinical-practice-guidelines-bc-eating-disorders-continuum-services-1">https://cfe.keltyeatingdisorders.ca/res/clinical-practice-guidelines-bc-eating-disorders-continuum-services-1</a></li> <li>Kelty Mental Health Eating Disorders <a href="https://keltyeatingdisorders.ca/">https://keltyeatingdisorders.ca/</a> and BC Eating Disorders Primary Care Toolkit 2017. <a href="https://cfe.keltyeatingdisorders.ca/res/eating-disorders-toolkit-primary-care-practitioners-bc">https://cfe.keltyeatingdisorders.ca/res/eating-disorders-toolkit-primary-care-practitioners-bc</a></li> <li>Looking Glass. Online-peer eating disorder support, individual therapy and residential programs <a href="https://www.lookingglassbc.com/">https://www.lookingglassbc.com/</a></li> </ul>
<b>Alberta</b>	Eating Disorder Support Network of Alberta <a href="https://edsna.ca/">https://edsna.ca/</a>
<b>Manitoba</b>	<ul style="list-style-type: none"> <li>Eating Disorders/Disordered Eating Manitoba: Information for Physicians and Other Health Care Professionals (16 pages) <a href="https://www.gov.mb.ca/health/mh/docs/eating_disorder.pdf">https://www.gov.mb.ca/health/mh/docs/eating_disorder.pdf</a></li> <li>Eating Disorder Manitoba: <a href="http://eatingdisordersmanitoba.ca/">http://eatingdisordersmanitoba.ca/</a></li> </ul>
<b>Ontario</b>	<ul style="list-style-type: none"> <li>Ontario Community Outreach Program for Eating Disorders <a href="http://www.ocoped.ca/">http://www.ocoped.ca/</a></li> </ul>
<b>Quebec</b>	<ul style="list-style-type: none"> <li>amiquebec: <a href="https://amiquebec.org/eating-disorders/">https://amiquebec.org/eating-disorders/</a></li> <li>Anorexie et boulimie Quebec (ANEB) <a href="https://anebquebec.com/en/">https://anebquebec.com/en/</a></li> </ul>
<b>Nova Scotia</b>	<ul style="list-style-type: none"> <li>Eating Disorders Nova Scotia, including online support: <a href="http://eatingdisordersns.ca/">http://eatingdisordersns.ca/</a></li> <li>Nova Scotia Health Authority - Eating Disorder Treatment Network: <a href="https://www.cdha.nshealth.ca/eating-disorder-treatment-network-nova-scotia">https://www.cdha.nshealth.ca/eating-disorder-treatment-network-nova-scotia</a></li> </ul>
<b>INTERNATIONAL RESOURCES</b>	
American Psychiatric Association	Practice Guideline Watch: Treatment of Patients with Eating Disorders. Update 2012. <a href="http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/eatingdisorders-watch.pdf">http://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/eatingdisorders-watch.pdf</a>  Patients/Families <a href="https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders">https://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders</a>
Academy for Eating Disorders	<a href="https://www.aedweb.org/home">https://www.aedweb.org/home</a> (see “Resources” Tab)
National Eating Disorders Association (NEDA)	<a href="https://www.nationaleatingdisorders.org/">https://www.nationaleatingdisorders.org/</a>
National Association for Males with Eating Disorders (N.A.M.E.D.)	<a href="https://namedinc.org/">https://namedinc.org/</a>

