

Eating Disorders Info, A Quick Guide

Resources and Links



Clarity

General Facts about Eating Disorders

<https://www.silverliningsfoundation.ca/general-facts-2/>

<http://edsna.ca/eating-disorder-facts/#types>

Assessing Medical stability:

http://edsna.ca/wp-content/uploads/2017/08/hc_ed_physician_poster_2017.pdf

<http://edsna.ca/resources/#healthcare>

Treatment of Eating Disorders:

<https://www.silverliningsfoundation.ca/treatment/>

www.EDSNA.ca/treatment

Where to call for advice:

Mental Health Help line: 1-877-303-2642

Calgary's 24-hour crisis support line: 403-266-4357

NEDIC hotline: 1-866-633-4220

<https://www.silverliningsfoundation.ca/contact/>

<https://edsna.ca/about-us/#contact>

Mobile Child and Addiction Unit (Edmonton):

<https://www.albertahealthservices.ca/info/facility.aspx?id=1025102&service=7609>

Access Mental Health (Calgary):

<https://www.albertahealthservices.ca/info/facility.aspx?id=1002752&service=2381>



Documents

EDSNA checklist to take to initial doctor's visit:

http://edsna.ca/wp-content/uploads/2017/07/working_with_your_health_care_professional-2015-1.pdf

Calgary Eating Disorder Referrals:

<https://www.albertahealthservices.ca/assets/programs/ps-1018201-calgary-eating-disorder-referral-cover-letter.pdf> and <https://www.albertahealthservices.ca/frm-19796.pdf>

Edmonton Eating Disorder Program referrals:

<https://www.albertahealthservices.ca/info/facility.aspx?id=6600&service=5777>



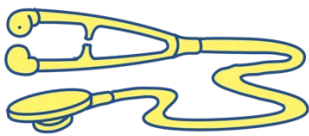
Reluctance to see the doctor

Resources relating to denial:

<https://au.reachout.com/articles/what-to-do-when-someone-doesnt-want-help>
http://nied.ca/wp-content/uploads/2015/03/Nied_brochure_bw_f.pdf

Loved Ones over the age of 18:

<http://edsna.ca/resources/#parents>
<https://www.adultheatingdisorderrecovery.com/>
<https://web.ntw.nhs.uk/selfhelp/#eating>



Treatment Options

Calgary Eating Disorder Program: <https://www.albertahealthservices.ca/info/service.aspx?id=1018201>

Edmonton Eating Disorder Program: <https://www.albertahealthservices.ca/info/facility.aspx?id=6600&service=5777> or <https://www.albertahealthservices.ca/uah/uah.aspx>

Silver Linings How to Find the Right Eating Disorder Professional:

<https://www.silverliningsfoundation.ca/resource/specialist/>

Private treatment options:

<https://www.silverliningsfoundation.ca/resources/care/>
<http://edsna.ca/treatment/#other>

Residential treatment options available in Canada:

<http://edsna.ca/treatment/#residential>
<https://www.silverliningsfoundation.ca/resources/care/>



Resources for the Caregiver

Educate yourself:

<http://nedic.ca/know-facts/overview>

<https://www.silverliningsfoundation.ca/resources/facts/>

<http://edsna.ca/resources/#parents>

http://keltymentalhealth.ca/sites/default/files/bcmh026_eatingdisorder_fullguide_v6-web.pdf

How can I help:

<https://www.silverliningsfoundation.ca/how-to-help/>

Support:

SL Client support (Calgary only): <https://www.silverliningsfoundation.ca/help/client/> SL Parent

support (Calgary only): <https://www.silverliningsfoundation.ca/help/parent/> EDSNA support

groups (province): www.EDSNA.ca/support

Other community supports: <http://edsna.ca/support/#other>

Family Support Specialists: <http://frc.albertahealthservices.ca/family/fss/>



We are here to help

Eating Disorder Support Network of Alberta (EDSNA): www.EDSNA.ca

Silver Linings Foundation: <https://www.silverliningsfoundation.ca/>

Calgary Eating Disorder Program consultant phone number: (403) 955-8700.

Please visit this website to see the video that goes with this document:

www.eatingdisorders.info