



# Eating Disorders

FAMILY SUPPORT RESOURCES | PRINTABLE VERSION

Source	Link	Pathway
General Information for Carers		
Centre for Clinical Intervention (CCI)	<a href="#">Information Sheet: Tips for Eating Disorder Carers</a>	Go to: <a href="http://cci.health.wa.gov.au">cci.health.wa.gov.au</a> then click <b>Treatment</b> > in the drop down menu, click <b>Eating Disorders Program</b> > scroll to the <b>Eating Disorders Support + Skill Building Group for Family and Friends</b> section, click <b>Information Sheet: Tips for Eating Disorder Carers</b>
	<a href="#">Break Free from ED: Workbook, Information Sheets &amp; Worksheets</a>	Go to: <a href="http://cci.health.wa.gov.au">cci.health.wa.gov.au</a> then click <b>Resources</b> > in the left-hand menu, click <b>Looking After Yourself</b> > in the Self Help Resource for Mental Health subject list click <b>Disordered Eating</b>
Children's Hospital of Eastern Ontario <a href="http://canped.ca">canped.ca</a>	<a href="#">Education Modules-Videos</a>	Go to: <a href="http://canped.ca">canped.ca</a> then, in the left-hand menu, click <b>Modules</b>
	<a href="#">Useful Links and Resources</a>	Go to: <a href="http://canped.ca">canped.ca</a> then, in the left-hand menu, click <b>Useful Links</b>
BC Children's Hospital Kelty Mental Health	<a href="#">Parents Survive to Thrive Guide</a> Written by parents with lived experience	Go to: <a href="http://keltyeatingdisorders.ca">keltyeatingdisorders.ca</a> then click the <b>search icon</b> in the top orange bar > type <b>Parents Survive to Thrive Guide</b> and hit enter to search
	<a href="#">Resources and Information for every stage of the eating disorder journey</a>	Go to: <a href="http://keltyeatingdisorders.ca">keltyeatingdisorders.ca</a>
National Eating Disorder Association (NEDA)	<a href="#">NEDA Toolkit for Parents</a>	Go to: <a href="http://nationaleatingdisorders.org">nationaleatingdisorders.org</a> then click <b>Help &amp; Support</b> > in the left-hand menu click <b>How Do I Help?</b> > then <b>Toolkits</b> > click the blue button <b>Download then Parent Toolkit</b>
Foundry BC	<a href="#">Supporting Someone with Disordered Eating or an Eating Disorder</a>	Go to: <a href="http://foundrybc.ca">foundrybc.ca</a> then click <b>Info &amp; Tools</b> > click <b>Mental Health</b> > click <b>Body Image, Disordered Eating &amp; Eating Disorders</b> > click <b>Supporting Someone with Disordered Eating or an Eating Disorder</b>
Meal Support		
BC Children's Hospital Kelty Mental Health	<a href="#">Eating Disorders Meal Support-YouTube Videos</a> This video series provides strategies to help parents, caregivers and families provide structure and support to youth with eating disorders.	Go to: <a href="http://keltyeatingdisorders.ca">keltyeatingdisorders.ca</a> scroll to <b>Eating Disorders Meal Support</b> > click <b>Watch Our YouTube Channel</b> to watch the videos
	<a href="#">Fact Sheet-Meal Support at a Glance</a>	Go to: <a href="http://keltyeatingdisorders.ca">keltyeatingdisorders.ca</a> then click <b>Resources</b> > in the Resource Topic filter, select <b>Meal Support</b> > scroll to locate <b>Eating Disorders Meal Support at a Glance</b> > click to open
Emotion-Focused Family Therapy		
Mental Health Foundations	<a href="#">Prevention Parenting &amp; Advanced Caregiving-Video Series</a> This video series will expose viewers to practical skills and techniques for advanced caregiving and education and skills to manage their own emotional reactions.	Go to: <a href="http://mentalhealthfoundations.ca">mentalhealthfoundations.ca</a> > click <b>For Caregivers</b> > scroll to locate <b>Prevention Parenting &amp; Advanced Caregiving-4-part Video Series</b> > click <b>View the Video</b> to watch the videos
Fraser Health	<a href="#">Family Huddle Newsletter</a> An e-newsletter exploring topics to help you be most effective in supporting a loved one with mental health/substance use concerns.	Go to: <a href="http://fraserhealth.ca">fraserhealth.ca</a> > click <b>Health Topics</b> > click <b>Mental Health and Substance Use</b> > click <b>Family Huddle Newsletter</b>



Organization	Link
Websites	
<a href="#">Foundry BC</a>	<a href="http://foundrybc.ca">foundrybc.ca</a>
<a href="#">Kelty Eating Disorders</a>	<a href="http://keltyeatingdisorders.ca">keltyeatingdisorders.ca</a>
<a href="#">Maudsley Parents.org</a>	<a href="http://maudsleyparents.org">maudsleyparents.org</a>
<a href="#">Mental Health Foundations</a>	<a href="http://mentalhealthfoundations.ca">mentalhealthfoundations.ca</a>
<a href="#">National Eating Disorder Information Centre</a>	<a href="http://nedic.ca">nedic.ca</a>

Title	Author(s) (Year)
Book List for Families Recommended by Interior BC clinicians and families	
Unbearable Lightness: A Story of Loss and Gain	Portia de Rossi (2011)
Shell: One Woman's Final Year After a Lifelong Struggle with Anorexia and Bulimia	Michelle Stewart (2012)
Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life	Jenni Schaefer (2009)
Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too	Jenni Schaefer (2004)
Next to Nothing: A Firsthand Account of One Teenager's Experience with and Eating Disorder	Carrie Arnold, Timothy Walsh (2007)
Brave Girl Eating: A Family's Struggle with Anorexia	Harriet Brown (2011)
Decoding Anorexia: How Breakthroughs in Science Offer Hope for Eating Disorders	Carrie Arnold (2012)
Surviving an Eating Disorder: Strategies for Family and Friends	Michelle Siegel, Judith Brisman, Margot Weinschel (2009)
Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting and Disordered Eating	Carolyn Costin (2013)
Help Your Teenager Beat an Eating Disorder	James Lock, Daniel Le Grange (2015)
Anorexia and other Eating Disorders: How to help your child eat well and be well	Eva Musby (2014)