

| Topic | Resource | Location |
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| General Information for Carers | Change Process and Recovery Support Tips <i>Centre for Clinical Intervention</i> | Eating Disorder: Information for Carers www.cci.health.wa.gov.au → Resources → Looking-After-Yourself → Disordered-Eating |
| | Family/Care Provider Educational Videos (Youth) <i>Canped.ca</i> | Understanding Eating Disorders in Adolescence www.canped.ca |
| | Family/Care Provider Resources <i>Canped.ca</i> | Useful Links and Resources www.canped.ca → Useful Links |
| | Resource Guide for Parents/Family <i>Written by parents with lived experience</i> <i>BCCH, Provincial Health Services Authority</i> | Parents Survive to Thrive Guide www.keltyeatingdisorders.ca → Resources → Enter: PDF, Providing Support, Parents & Caregivers into drop down fields → Parents Survive to Thrive Guide |
| | Parent Educational Toolkit <i>National Eating Disorder Association</i> | NEDA Toolkit for Parents www.nationaleatingdisorders.org → Help and Support → How Do I Help → Toolkits → Parent Toolkit |
| | List of Eating Disorder Resources <i>Kelty Eating Disorders</i> | Eating Disorders and Body Image Resources https://keltyeatingdisorders.ca/wp-content/uploads/2016/04/Eating-Disorders-and-Body-Image_QRS-1.pdf |
| | List of Resources Specifically for Males <i>Kelty Eating Disorders</i> | Eating Disorders – Resources for Males https://keltyeatingdisorders.ca/wp-content/uploads/2016/04/Eating-Disorders-Resources-for-Males.pdf |
| Meal Support | Kelty Eating Disorder Meal Support: Chapters 1 - 6 (Videos) <i>Kelty Eating Disorders</i> | Chapter 1: Introduction www.keltyeatingdisorders.ca → Eating Disorder Meal Support Chapter 2: Meal Planning www.keltyeatingdisorders.ca → Eating Disorder Meal Support → Chapter 2 Chapter 3: Meal Preparation www.keltyeatingdisorders.ca → Eating Disorder Meal Support → Chapter 3 Chapter 4: Supported Eating www.keltyeatingdisorders.ca → Eating Disorder Meal Support → Chapter 4 Chapter 5: Post Meal www.keltyeatingdisorders.ca → Eating Disorder Meal Support → Chapter 5 Chapter 6: Conclusion www.keltyeatingdisorders.ca → Eating Disorder Meal Support → Chapter 6 |
| | Meal Support: Fact Sheet <i>Kelty Eating Disorders</i> | Meal Support at a Glance www.keltyeatingdisorders.ca → What is Recovery → Meal Support → Resource List → Click on preferred language |
| | Emotion-Focused Family Therapy | Prevention Parenting <i>Mental Health Foundations</i> |
| Caregiver Newsletter for Eating Disorders <i>Fraser Health Eating Disorders</i> | | Emotion-Focused Family Therapy Newsletter www.fraserhealth.ca → Health Topics → Mental Health and Substance Use → Mental Health Conditions and Symptoms → Eating Disorders |

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| | | → Newsletter subscription and archives at bottom of page |
| Websites | Kelty Eating Disorders | www.keltyeatingdisorders.ca |
| | Maudsley | www.maudsleyparents.org |
| | Nedic | www.nedic.ca |
| | Mental Health Foundations | www.mentalhealthfoundations.ca |
| Books | Book List for Families <i>Recommended by Interior BC clinicians and families</i> | <p>Biography:</p> <p><i>Unbearable Lightness</i> - Portia de Rossi (2011)</p> <p><i>Shell: One Woman's Final Year After a Lifelong Struggle with Anorexia and Bulimia</i> - Michelle Stewart (2012)</p> <p><i>Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life</i> - Jenni Schaefer (2009)</p> <p><i>Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too</i> - Jenni Schaefer (2004)</p> <p><i>Next to Nothing: A Firsthand Account of One Teenager's Experience with and Eating Disorder</i> – Carrie Arnold, Timothy Walsh (2007)</p> <p><i>Brave Girl Eating: A Family's Struggle with Anorexia</i> - Harriet Brown (2011)</p> <p>Science/Research:</p> <p><i>Decoding Anorexia: How breakthroughs in Science Offer Hope for Eating Disorders</i> - Carrie Arnold (2012)</p> <p><i>Surviving an Eating Disorder: Strategies for Family and Friends</i> - Siegel, Brisman, & Weinschel (2009)</p> <p><i>Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting and Disordered Eating</i> - Carolyn Costin (2013)</p> <p><i>Help Your Teenager Beat an Eating Disorder</i> - James Lock, Daniel Le Grange (2015)</p> <p><i>Anorexia and other Eating Disorders: How to help your child eat well and be well. Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers</i> - Eva Musby (2014)</p> |