

Organizational Supports

Other than BANA, there are additional organizations that might be able to assist you in your ED advocacy journey including...

National Initiative for Eating Disorders (NIED)

- NEID provides information, resources, referrals, and in-the-moment support to Canadians affected by eating disorders. You can connect with a trained support worker through their confidential helpline and instant chat service.
- Focused on caregivers - *Initial Point of Contact Program*

CONTACT

- Helpline: 1-866-NEDIC-20 (416-340-4156 in Toronto)
- Live Chat: www.nedic.ca
- For more information on the *Initial Point of Contact Program* - Call Wendy Preskow at 416-859-7571 OR email wendy@nied.ca
- For Safety Crisis Readiness Tool available - Self-help Guide for Caregivers
- Note: NIED does not offer clinical care, clinical services or medical advice. If you require medical care, please contact your primary care provider. If you are in crisis, please call Crisis Services Canada at 1-833-456-4566 or 1-866-APPELLE (1-866-277-3553) if you live in Québec.
- List of [Pan Canadian Support Groups](#)

National Eating Disorder Information Centre (NEDIC)

- NEDIC provides information, resources, referrals and support to anyone in Canada affected by an eating disorder.

CONTACT

- Helpline: 1-866-NEDIC-20 and 416-340-4156 OR email nedic@uhn.ca, and live chat services are available

Windsor Essex Community Health Centre (weCHC)

- Offers a variety of supports for individuals aged 16-24 struggling with an eating disorder or disordered eating, and their loved ones, including the [Windsor Essex Intensive Outpatient Treatment Program](#) created in partnership with the Bulimia Anorexia Nervosa Association (BANA), and Windsor Regional Hospital.

CONTACT

- To learn more or to request an intake call weCHC Teen Health or BANA at 1-855-969-5530

Eating Disorders Foundation Canada

- EDFC's current focus is to establish a pilot project (*The Harbour*) in London, Ontario which specifically address the need for treatment and support for university and college students.
- Focus on young adults and students

CONTACT

Phone: (519) 858-5085
Fax: (519) 858-5086
Email: info@edfc.ca

Families Empowered and Supporting Eating Disorders (FEAST)

- A global support and education community of and for parents of those with eating disorders
- No two families have the same experience, same needs or path when dealing with eating disorders. They offer the right kind of resources and toolkits to help families be resilient and power through the recovery process.

CONTACT

- Email: info@feast-ed.org

Other Resources (Non-ED related)

Canadian Mental Health Association (CMHA)

- Please note that CMHA National does not provide direct mental health services or support. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

CONTACT

- If you or someone you know is in immediate crisis or has suicide-related concerns, call or text the Canada Suicide Prevention Helpline.
 - Phone: 1-833-456-4566 (24/7), 1-866-277-3553 in Quebec (24/7)
 - Text to 45645 (4 p.m. – Midnight ET). Text messaging rates apply. French text support is currently unavailable.

Kids Help Phone

- If you think you might have an eating disorder, you don't have to navigate it alone.
- You can talk to a safe adult such as a doctor, teacher, or a [Kids Help Phone](#) counsellor or crisis responder.
- You can contact Kids Help Phone for support with any issue on your mind, big or small. You can get in touch about any topics like mental illnesses.
- While they don't offer things like legal or medical advice, they may refer you to people who can.

CONTACT

- When you call or text 9-8-8 (whatever's most comfortable and accessible to you), you'll receive a brief welcome message. You'll then be asked a few questions (e.g. if you'd like support in English or French, etc.) to help direct your conversation to a trained 9-8-8 responder.