**While You Wait: Resources**

***Access Services for Other Areas of Concern:***

**MOOD & MENTAL HEALTH:**

**Canadian Mental Health Association**

* Professional and self-referrals through CMHA-WECB universal intake department
  + CMHA intake operates out of the Transitional Stability Centre (744 Ouellette Ave) – main office is 1400 Windsor Ave.
  + *Phone*: (519) 257-5224 (call for information regarding assessment hours)

**Sandwich Community Health Centre: Counselling Program**

* Self-referral through their intake phone line
  + *Located*: 3325 College Avenue, Windsor, ON, N9C 4E6
  + (519) 258-6002 (ask reception for counselling services)

**TRAUMA:**

**Sexual Assault Crisis Centre (SACC)**

* Self-Referral through completion of an online intake questionnaire
  + <https://saccwindsor.net/>
  + (519) 253-3100

**SUBSTANCE USE:**

**Transitional Stability Centre (TSC)**

* + <https://www.hdgh.org/addictionassessmentreferral>
  + (519) 257-5224

**Canadian Mental Health Association (CMHA)**

* + <https://windsoressex.cmha.ca/mhaucc/>
  + (519) 257-5111 Ext: 77968

**Windsor Essex Community Health Centre (weCHC)**

* + <https://wechc.org/counselling-general/steps-and-addiction-support/>
  + (519) 258-6002 Ext:728 or Ext:420

**CRISIS**:

**Community Crisis Centre –** Windsor Regional Hospital

* *Phone:* (519) 973-4435
* 24/hrs, 7 days a week, 365 days a year
* Free and confidential

**Distress Centre of Windsor-Essex**

* *Phone:* (519) 256-5000
* 12 pm (noon) to 12 am (midnight), 7 days a week, 365 days a year
* Free and confidential

***Work on Your Recovery Space:***

* Increase the recovery-supportive content you view or have around you – access books, podcasts, websites, and social media accounts that are eating-disorder or recovery focused
* Unfollow social media accounts that make you feel negatively about food, eating, weight, shape or your body/appearance
* Follow social media accounts that promote an “all-foods-fit” perspective, and/or a “all bodies are beautiful/body positivity” perspective
* Post positive affirmations in your personal, safe space
* Remove food from your bedroom, or spaces where you may be eating in secret
* Set boundaries with those in your life who often comment on your weight, shape or eating. Provide them with resources to learn more on their own
* Engage your loved ones in eating disorder advocacy, by asking them to email the MPP in your area for requesting more eating disorder supports 🡪 MPP contact info can be found at: <https://www.ola.org/en/members/current/contact-information>

**READING**:

* “Sick Enough”, by Jennifer L. Gaudiani
* “The Body Keeps the Score”, by Bessel van der Kolk
* “Body Respect”, by Linda Bacon
* “The F\*ck It Diet”, by Caroline Dooner
* “The Food and Feelings Workbook: A Full Course Meal on Emotional Health”, by Karen R. Koenig
* “The Rules of Normal Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters and Everyone in Between”, by Karen R. Koenig

**PODCASTS**:

* “Be Yourself: Happy, Healthy, Hopeful”, by BANA’s Health Educator, Stephani Fenkanyn
* “Maintenance Phase”, by Aubrey Gordon & Michael Hobbes
* “Food Psych”, by Christy Harrison
* “Intuitive Bites”, by Kirsten Ackerman
* “ED Matters”, by Gurze/Salucore
* “The Full Bloom: Body-Positive Parenting”, by the Full Bloom Project
* “The Recovery Warrior Show”, by Jessica Flint & Recovery Warriors
* “Eating Disorders: Navigating Recovery”, by Catherine Brown & Francis Lacobucci
* “The Body Image Podcast”, by Corinne Dobbas
* “The F\*ck It Diet”, by Caroline Dooner

**WEBSITES**:

* <https://bodybrave.ca/>
* <https://www.bodyconfidencecanada.com>
* <https://nedic.ca>
* <https://nied.ca>
* <https://insideoutinstitute.org.au/>
* <https://www.feast-ed.org>
* <http://www.canped.ca>
* <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

**ONLINE PEER SUPPORT GROUPS**

* <https://eatingdisordersns.ca/?msclkid=75a8b45fbb3211ec8c358d5e7b9d2ba7>
* [https://sheenasplace.org/programs-registration/#](https://sheenasplace.org/programs-registration/)
* <https://www.hopewell.ca/support-groups>