

Everyone Has A Role To Play

Resources

For friends & colleagues supporting someone affected by an eating disorder

WHERE CAN I LEARN MORE?

- National Eating Disorder Information Centre - [A Guide for when a Friend has an Eating Disorder](#)
- National Eating Disorder Association (USA) - [How to Help a Loved One; Eating Disorders in the Workplace](#)
- Eating Disorders Victoria - [Eating Disorders & the Workplace](#)
- Mental Health at Work - ["I've had an Eating Disorder My Entire Working Life - Here's How You Can Help."](#)

SUPPORT FOR THEM

- Encourage them to speak with their family doctor. [NEDIC & Body Brave developed a checklist](#) they can use to help guide the conversation
- Let them know that [NEDIC's telephone helpline and chat services](#) can provide in-the-moment support and discuss support options with them confidentially
- Guide them to a [community-based eating disorder organization](#) for free or reduced cost support

SUPPORT FOR YOU

- [Sheena's Place](#) offers a weekly "Family, Friends, & Partners" Support Group that is free to attend for those living in Ontario
- [Eating Disorders Nova Scotia](#) offers a monthly "Family & Friends" Support Group that is free to attend for anyone living in Canada
- [F.E.A.S.T.](#) has a list of resources and support aimed at helping people support someone personally affected