

Child & Youth Eating Disorders: Resources & Peer Support

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Eating Disorders **PREVENTION, EARLY INTERVENTION & PEER SUPPORT** in BC

Audiences



INDIVIDUALS



FAMILIES



CARE PROVIDERS



EDUCATORS

Services



EDUCATION



AWARENESS



PREVENTION &
EARLY INTERVENTION



SERVICE
NAVIGATION



PEER
SUPPORT

Jessie's Legacy



A non-profit program that promotes eating disorders awareness, provides educational resources, and offers prevention services and service navigation for individuals, families, educators & health professionals.

Looking Glass Foundation for Eating Disorders



A non-profit foundation that supports individuals of all genders, aged 14+, at all stages of recovery. Services include confidential one-to-one and small group peer support programs, scholarships, and support for caregivers. These low barrier programs are available province-wide, and no clinical diagnoses or referrals are required.

Kelty Eating Disorders



A website that provides free eating disorders educational resources and service navigation support to individuals, families & care providers across BC.



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jessie's legacy

Eating disorders prevention and awareness

<https://jessieslegacy.com/>

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<https://www.lookingglassbc.com/>

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Find the answers you need.

What is an eating disorder? >

How do I know if I have an eating disorder? >

How do you treat an eating disorder? >

Where can I find help? >



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(Note: this video can also be viewed in 6 separate chapters from the [Kelty Mental Health Resource Centre youtube channel](#)).

Kelty Mental Health Resource Centre

- Provides peer support, information, and resources for a variety of mental health and substance use challenges, including eating disorders
- Support families in understanding and connecting to treatment options and support services in their communities
- Services are offered provincially, by phone (toll-free), email, or zoom video call
- No wait times, no referral required



Parent Peer Support for families concerned about an Eating Disorder in their family

- Three trained parent peer support workers work at the Kelty Centre through a collaboration with FamilySmart.
- Peer support workers offer non-judgemental, compassionate support to parents/caregivers concerned about their child/youth



Have seen an increase in the number of contacts related to eating disorders since COVID began, compared to the previous year



Additional Resources for Parents/Caregivers

- Website: <https://www.canped.ca/> (CHEO)
 - Website of support for those caring for a youth with an eating disorder
- Book: Help your Teenager beat an eating disorder (Lock & Le Grange, 2015)
 - <https://www.guilford.com/books/Help-Your-Teenager-Beat-an-Eating-Disorder/Lock-Grange/9781462517480>



Resources for Health Care Providers



Eating Disorders Toolkit for Primary Care Practitioners



<https://divisionsbc.ca/sites/default/files/Divisions/Langley/Eating%20Disorders%20PCP%20Toolkit%20Color.pdf>



Resources for Health Care Providers

 British Columbia
Eating Disorders
Community of Practice

INTRODUCTION *to*
EATING DISORDERS
for **SERVICE PROVIDERS**

*A free online course for
health care providers including*

- Physicians and nurses
- Therapists and counsellors
- Allied health
- Students and interns
- Anyone new to the field

based on the
**Clinical Practice
Guidelines** *for the*
**BC Eating Disorders
Continuum of Services**



Thank-you!

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