



WEBINAR RESOURCES: COVID-19 IMPACTS: CHILD AND YOUTH EATING DISORDERS

Online Resources

Provider Support Re: CYMH

- [Compass Mental Health](#)

Child and Youth Mental Health

- [Kelty Mental Eating Disorders](#)
 - [Eating Disorders Meal Support: Helpful Approaches for Families](#)
 - Kelty Eating Disorders meal support coaching tips sheet developed for parents/caregivers.
 - Also available in [other languages](#) (found in the bottom of page).
- [Foundry BC](#)
- [Jessie's Legacy](#)
- [BC Government Mental Health Support - Body Image and Eating Disorders](#)
- [BC Government - Body Image & Eating](#)
- [The Looking Glass Foundation - Online Peer Support](#)

Eating Disorder Screening Tool

- [SCOFF](#) (follow up if more than one "yes")

Misc Mental Health Resources

- [HeretoHelp:](#)
 - Provides information related to mental health and substance use. The website includes personal stories, self-help resources, and information about getting help now.
- [Canadian Institutes of Health Research \(CIHR\) - COVID-19 and Mental Health \(CMH\) Initiative](#)
 - Provides urgent knowledge and evidence to support decision-making throughout the mental health responses to the pandemic
- [CIHR: Knowledge Synthesis: COVID-19 in Mental Health and Substance Use](#)

- Evidence-based guidelines have been created to guide professionals in providing the most effective virtual care for children/adolescents and emerging adults with EDs and their families.
- [CIHR: The COVID-19 Pandemic and Eating Disorders in Children and Adolescent Recommendations from the Canadian Consensus Panel](#)
 - Clinical practice guidelines developed by the Canadian Consensus Panel related to the provision of virtual care for children, adolescents, and emerging adults living with an eating disorder, as well as their caregivers.
- [Canped: Understanding Eating Disorders In Adolescence](#)
 - A website of support for those caring for a youth with an eating disorder
- [Mental Health Foundations](#)
 - Resources for clinicians, caregivers, and clients – emotional coaching, EFFT, and beyond. They have an EFFT video series for parents/caregivers with coaching scripts specific to eating disorders.

Printed Resources

- [Help Your Teenager Beat an Eating Disorder \(Second Edition\) by James Lock and Daniel Le Grange](#)
 - Top experts James Lock and Daniel Le Grange explain what you need to know about eating disorders, which treatments work, and why it is absolutely essential to play an active role in your teen's recovery—even though parents have often been told to take a back seat.

App Resources

- [Recovery Warriors](#)