

# Community and Online Eating Disorder Resources

## Calgary Community Resources

### Eating Disorder Support Network of Alberta (EDSNA)

<https://edsna.ca/>

- Online and in-person support groups offered to anyone struggling with an eating disorder

### Calgary Counselling Centre

<https://onlineintake.calgarycounselling.com>

- Provides individual counselling and group therapy specifically for eating disorders
- Clients can call (403) 691-5991 or visit the website to complete an intake

### Silver Linings Foundation

<https://www.silverliningsfoundation.ca/>

- Offer support groups for clients and loved ones
- Have adapted some of their support groups to an online model
- (403) 536-4025

### Health Link Registered Dietitian

Health Link has dietitians available to answer your nutrition questions. If you have a nutrition question, call 8-1-1 and ask to talk to a dietitian.

### Alberta Healthy Living Program (AHLP)

Clients can access nutrition information by attending a nutrition class or by meeting with a Dietitian for an individual nutrition assessment. These services are free of charge and available at many locations around the city. Dietitian counselling is also available in Hindi, Punjabi and Cantonese. Contact: 403-943-2584. The service is for adults 18 years and older.

## Online Resources

### National Eating Disorder Information Centre (NEDIC)

<https://nedic.ca/>

- NEDIC provides information, resources, referrals, and support to Canadians affected by eating disorders through our toll-free helpline and instant chat.
- The NEDIC helpline, 1-866-NEDIC-20, is open from 11 a.m. to 7 p.m., Monday to Thursday and Friday from 11 a.m. to 5 p.m. (EST).
- NEDIC's instant chat, at <https://nedic.ca/>, is available from 9 a.m. to 9 p.m., Monday to Thursday and Friday from 9 a.m. to 5 p.m. (EST).

### National Eating Disorder Collaboration

[Families, Carers, Lived experience \(nedc.com.au\)](https://nedc.com.au)

- NEDC have developed new resources to help equip families, supports and carers with skills and coping techniques.

### National Eating Disorder Association (NEDA)

<https://nationaleatingdisorders.org>

- The National Eating Disorders Association (NEDA) is the largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders. NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures, and access to quality care.

### Lionheart Foundation

<https://lionheartfoundation.ca>

- Lionheart's mission is to facilitate comprehensive access to best-in-class mental health supports for children, adolescents and their families experiencing anxiety-based mental health challenges. We do this through building awareness, education, and therapeutic capacity to address anxiety-based mental health needs in our community and through the provision of financial subsidies for treatment
- Email [info@lionheartfoundation.ca](mailto:info@lionheartfoundation.ca) or visit their website for more information and to fill out a request form

## F.E.A.S.T

[www.feast-ed.org](http://www.feast-ed.org)

F.E.A.S.T. is an International non-profit organization of and for caregivers of loved ones suffering from eating disorders.

F.E.A.S.T.'s Mission is to support caregivers by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

## Centre for Clinical Inventions

[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)

Offers free online self-directed modules on disordered eating, depression, anxiety, and self-compassion.

## Anxiety Canada

[www.anxietycanada.com](http://www.anxietycanada.com)

Anxiety Canada™ is a leader in developing free online, self-help, and evidence-based resources on anxiety.

## Change Creates Change – Eating Disorder Care

<https://changecreateschange.com/resources/>

Offers free online resources for parents on a variety of topics related to eating disorders.

### Recovery Focused Apps

#### MindShift

Price: Free

Many people with eating disorders also have anxiety. MindShift is specifically designed to help teens and young adults deal with anxiety in a healthy way. The app offers resources for coping with the physical and mental aspects of anxiety — from getting through panic attacks to improving sleep patterns. It also offers tips for recognizing anxiety responses and ways to get yourself through them, including breathing exercises and realistic thinking.

#### Recovery Record

Price: Free

A big part of recovery is monitoring your habits — including the meals you eat, your feelings, and your long-term goals. Recovery Road makes it easy to do just that, and keep it organized.

#### Rise Up + Recover

Price: Free

If you're going through cognitive behavioral therapy (CBT), your therapist likely assigned some homework. Rise Up + Recover is designed to make that homework easy to complete. Use the app to log meals, emotions, and behaviors.

**Stigma** 

**Price:** Free

Stigma aims to fight against the negative associations people dealing with mental health issues face in modern society. The app is designed to connect people living with the same challenges, to develop a sense of community.

**Realife Change** 

**Price:** Free

It can be hard to analyze your feelings on your own, and not all of us can afford a life coach. Realife Change is a virtual life coach in your pocket.

**What's Up? — A Mental Health App** 

What's Up? Combines tools from CBT and acceptance commitment therapy (ACT) to help deal with feelings of depression, anger, stress, and anxiety.

**CBT Thought Diary** 

**Price:** Free

CBT Thought Diary is a journal with a purpose: it uses effective tools from Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), and Positive Psychology to help improve your mood.

## Social Media

Association for Size Diversity and Health (ASDA) [www.sizediversityandhealth.org](http://www.sizediversityandhealth.org)

Health At Every Size (HAES) [www.haescommunity.org](http://www.haescommunity.org)

Blog: [www.healthateverysize.info](http://www.healthateverysize.info)

Facebook: Health At Every Size (HAES)

Kristin Neff - Self-Compassion [www.self-compassion.org](http://www.self-compassion.org)

Fiona Sutherland [www.themindfuldietitian.com.au](http://www.themindfuldietitian.com.au)

Podcast: The Mindful Dietitian

Evelyn Tribole <https://evelyntribole.com/>

Intuitive eating book/workbook

Christy Harrison [www.christyharrison.com](http://www.christyharrison.com)

Podcast: Food Psych

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