



**ARE YOU
WORRIED
YOUR
FRIEND
MIGHT HAVE
AN EATING
DISORDER?**

Central West Eating Disorder Program

- Doctor referral required
- Offers free treatment and support services

905-815-5124
www.cwedp.ca

National Eating Disorder Information Centre (NEDIC)

- Information on the signs and symptoms of eating disorders
- List of treatment services, resources and support groups across Canada

416-340-4156
Toll free – 1-866-NEDIC-20 (68811)
www.nedic.ca

Sheena's Place (located in Toronto)

- Support centre for anyone with an eating disorder and their family and friends.
- Offers free programs and workshops (registration required)

416-927-8900
www.sheenasplace.org

Danielle's Place (located in Burlington)

- Support and resource centre providing non-judgmental and supportive care to those dealing with an eating disorder (all ages)

1-866-277-9959
905-333-5548
www.daniellesplace.org

Body Image Coalition of Peel

- Online directory of treatment services, resources and supports

www.bodyimagecoalition.org

Suggestions for helping your friend:

- Express concern in a non-judgmental manner
- Listen and be supportive
 - Involve a supportive adult you trust
- Help them find community resources – so they can get help early!