

# DISORDERED EATING RESOURCES



## CRISIS RESOURCES

### **YOUTH SERVICES BUREAU**

24/7 Crisis Line & Chat services for ages 18 and under who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis

**Phone:** 613-260-2360

**Long distance toll-free:**  
1-877-377-7775

**Crisis Chat:** [chat.yusb.ca](http://chat.yusb.ca)

### **THE DISTRESS CENTRE**

24/7 crisis line (connects to crisis team)

**Phone:** 613-722-6914

**Long distance toll-free:**  
1-866-996-0991

24/7 distress line (emotional support, service information)

**Phone:** 613-238-3311

Text & Chat option open  
10:00AM-11:00PM daily

**Text:** 343-306-5550

**Chat:** [www.dcottawa.on.ca](http://www.dcottawa.on.ca)

### **ALL EMERGENCIES**

Call 911 or present to local emergency department

---

## **Books**

---

- Help Your Teenager Beat an Eating Disorder – *Lock & Grange*
- Help for Eating Disorders: A Parent's Guide to Symptoms, Causes & Treatments – *Katzman & Pinhas*
- A Parent's Guide to Defeating Eating Disorders: Spotting the Stealth Bomber – *Boachie & Jasper*
- ARFID Avoidant Restrictive Food Intake Disorders: A Guide for Parents and Carers – *Rachel Bryant-Waugh*

---

## **Skill Building Materials**

---

### **BounceBack**

- Free skills building program by the Canadian Mental Health Association available as online videos or through a phone coach
- Youth 15+ and adults struggling with low mood, anxiety, stress, worry
- Self-referral 19+, youth 15-18 can self-refer but will need to list a doctor on the referral if selecting coach option
- Website: [www.bouncebackontario.ca](http://www.bouncebackontario.ca)

### **Workbooks**

- The bulimia workbook for teens: activities to help you stop bingeing and purging – *Lisa Schab*
- The dialectical behaviour therapy skills workbook for bulimia: using DBT break the cycle and regain control of your life – *Astrachan-Fletcher & Maslar*
- Hunger for understanding: a workbook for helping young people to understand and overcome anorexia nervosa – *Alison Eivors*
- Off the C.U.F.F: a parent skills book for the management of disordered eating – *Nancy Zucker*

### **Centre for Clinical Interventions**

- Government of Australia Mental Health Resource Website
- Includes workbooks, modules, and worksheets with self-help resources for a variety of mental health conditions (anxiety, mood, self-image)
- <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

---

## **Websites**

---

- <https://changecreateschange.com> – **specialized eating disorder therapists & dieticians offering telehealth services**
- <https://www.hopewell.ca/> | [www.nedic.ca](http://www.nedic.ca)
- <http://www.maudsleyparents.org/welcome.html>
- <http://www.canped.ca/> | <https://www.feast-ed.org/>