



## Eating Disorders

Eating disorders are mental illnesses causing serious disturbances in eating behaviours. Below you will find resources to help you better understand this topic.

Check out these resources! Use your phone to scan the QR codes to open the links!

### Books for Supporting a Child/Teen

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f2c5c8758a67d00120430d6>



### Books for Understanding & Coping

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f2c73c8e272f70012ec4463>



### FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrcahs.ca/rx/eating-disorders/>



### ACCESS Mental Health

Clinicians work over the telephone to help people navigate the addiction and mental health system. Access Mental Health is a non-urgent service. Phone: 403-943-1500 (extension 1 for child and adolescent services)

<https://www.albertahealthservices.ca/services/Page11443.aspx>



### MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Use the search bar to find information about Eating Disorders.

<https://myhealth.alberta.ca/>



### Eating Disorder Support Network of Alberta

EDSNA provides information, guidance, a provincial voice, a community hub and most of all, support to Albertans affected by eating disorders.

<http://edsna.ca/>



## The National Eating Disorder Information Centre (NEDIC)

The National Eating Disorder Information Centre (NEDIC) aims to increase public awareness about Eating Disorders and related issues.

<https://nedic.ca/>



## NEDA

The mission of NEDA is to support individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures, and access to quality care.

<https://www.nationaleatingdisorders.org/>



## F.E.A.S.T.

Families Empowered and Supporting Treatment of Eating Disorders is a website designed for families to support and be supported during the treatment of a loved one.

<https://www.feast-ed.org/>



## Academy for Eating Disorders

AED provides education on eating disorder symptoms and treatment recommendations.

<https://www.aedweb.org/home>



## FCRC Information Prescriptions

For information about anxiety, depression, or nutrition check out the information prescriptions. These resources lists were created by staff and community partners who have expertise in the clinical area.

<http://fcrc.ahs.ca/rx>



*Need more information?*

## Contact the Family Librarian

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

## Family & Community Resource Centre

2<sup>nd</sup> Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

Updated: January 2024