

CHILD & YOUTH: EATING DISORDERS

COMMUNITY MENTAL HEALTH PROGRAMS

Credit Valley Hospital - Eating Disorders Program (P)

For individuals (18+). Consultation, patient and family education groups, inpatient, day hospital, transition and outpatient services.

Referral: Physician referral required.

Contact: 905-813-4505 or 1-877-292-4284

Website: www.trilliumhealthpartners.ca

Danielle's Place (H)

Group programs to boost self esteem, anxiety, and support individuals (17+)/ family, active parenting groups, expressive art.

Referral: Self Referral or One-Link

Contact: 905-634-2347

www.daniellesplace.org

Halton Healthcare Services - Eating Disorders Program (H)

Individual and/or family counselling, nutritional counselling, psychiatric follow-up, and psycho-educational groups. Child and adolescent inpatient/ outpatient services

Referral: One-Link

Contact: 905-845-2571 ext. 4900

www.haltonhealthcare.on.ca

Lakeridge Health – Eating Disorders Program

Hospital-based outpatient program, specializing in the assessment and treatment of eating disorders.

Referral: Form (available on their website) must be completed by a physician or nurse

Contact: 905 576-8711 ext. 34622

www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp

Maudsley Parents

A volunteer organization of parents who have helped their children recover from eating disorders using an evidence-based, family-based treatment (FBT).

www.maudsleyparents.org

McMaster Children's Hospital

Provides comprehensive eating disorders assessments; and outpatient, day treatment and inpatient services.

Referral: A physician or nurse practitioner needs to submit the referral form found under "Referral process" on the website

Contact: 905 521-2349 ext.73049

<http://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/areas-of-care/programs-and-clinics/eating-disorder-program/>

National Eating Disorder Information Centre

Education on food, weight preoccupation, body image & self esteem for family and friends.

Contact: 416-340-4156

<https://nedic.ca/>

North York General — Adolescent Eating Disorders Program

An outpatient day hospital support program that offers medical, nutritional, mental health care and an academic program staffed by the Toronto Catholic District School Board; provides assessment, diagnosis and treatment

Referral: A physician needs to submit the referral form on their website

Contact: 416 756-6933

www.nygh.on.ca/areas-care/mental-health/eating-disorders-program?cid=1230&lang=1

Sheena's Place (T)

Group support for individuals (17+) servicing different mental and disordered eating for family, and friends

Referral: Self-referral

Contact: 416-927-8900 ext. 330

www.sheenasplace.org

Sick Kids Eating Disorders Program

Services: Inpatient, Outpatient and Day Program for ages 8- 18 years old

Referral: Physician referral required.

Contact: 416-813-7005

www.sickkids.ca

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.

Trillium Health Partners (Credit Valley Hospital) – Eating Disorders Program

Services offered: Nutritional rehabilitation, skills acquisition and psychotherapy, dialectical behaviour therapy and cognitive-behavioural therapy groups, and groups on nutrition and mindfulness.

Referral: A physician or nurse practitioner must complete the one-Link referral form on their website

www.trilliumhealthpartners.ca

University Health Network Eating Disorders Program (Toronto General Hospital)

Assessment & Intensive treatment for individuals 17+. Includes consultation, intake, day hospital, follow-up, and community resources.

Referral: Physician referral required.

Contact: 416-340-3041

<http://www.uhn.ca>

UHN (Toronto General Hospital) – Eating Disorder Program

Offers comprehensive information, assessment and intensive treatment

Referral: A physician must submit the referral form from the website.

www.uhn.ca/MCC/PatientsFamilies/Clinics_Test/s/Eating_Disorder/Pages/about_us.aspx

William Osler Health System - Eating Disorder Clinic at Brampton Civic Hospital(P)

Outpatient assessment and treatment for children, adolescents, and adults.

Referral: Physician referral required.

Contact: 905-863-2560

www.williamoslerhs.ca

SELF HELP RESOURCES

Here to Help (BC)

www.heretohelp.bc.ca

Life without ED (Book) By: Jenni Schaefer

Centre for Clinical Interventions

https://www.amazon.ca/dp/0071422986/ref=rdr_ext_tmb

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