

Eating Disorder Caregiver Resources

Below is a list of resources that provide information and support to caregivers, families, and friends of individuals struggling with eating disorders.

Guides

- [Parents' Survive to Thrive Guide](#): A resource for parents with a child who is struggling with an eating disorder. Written by parents with lived experiences, published by Kelty Eating Disorders.
- [NEDIC caregiver guide](#): NEDIC's guide for caregivers and parents to support youth with eating disorders.
- [Feed Your Instinct](#): An interactive tool design to support parents of children and young people experiencing different types of eating disorder and/or body image issues.
- [NEDA Toolkits](#): This US-based organization has lots of resources for people in recovery, and for those who want to learn and help. Free PDF toolkits are available for parents, athletic coaches, educators, and workplaces.

Support Organizations & Groups

- [F.E.A.S.T. \(Families Empowered and Supporting Treatment of Eating Disorders\)](#): An international community of support for parents and families affected by eating disorders. They have a private Facebook group for caregivers.
- [NIED \(National Initiative for Eating Disorders\)](#): Offers caregiver/family support & training.
- [Jessie's Legacy](#): Focusing on awareness and prevention, Jessie's Legacy is a BC-based organization that offers education, training and resources on eating disorder prevention and body image issues.
- [Journey to Health's Parent Support Group](#): A free virtual support group for parents/carers of individuals recovering from an eating disorder. This is a safe space for parents/carers to be open about their experiences and gain valuable support from other parents in navigating their child's eating disorder recovery. *Open to parents/carers throughout Canada.*
- [Sheena's Place Support Sessions for Caregivers](#): A space for family members, partners, and friends to explore the experience of having a loved one with an eating disorder, seek support, share resources, and gain new insights and information (*Ontario residents only*).

Webinars, Videos & Podcasts

- [Kelty Mental Health video: Eating Disorder Meal Support](#): Provides strategies to help parents, caregivers, and families provide structure and support to youth with eating disorders before, during and after meals.
- [Kelty Podcast: How Parents Can Play an Active Role in Recovery](#): A podcast addressing common questions that caregivers have when supporting youth with eating disorders.
- [Video series: Caregivers Supporting a Loved One with an Eating Disorder](#): Information and strategies for caregivers to support a loved one with an eating disorder, created by Mental Health Foundations.
- [Sheena's Place webinar: Eating Disorders 101 for Caregivers](#): A webinar that provides information about the origin of eating disorders, common myths, and strategies to support loved ones.
- [Family Smart "In the Know" series](#): Videos for families and caregivers on mental health topics, including eating disorders. Family Smart provides peer support to families of those struggling with mental health issues in BC.