







Student Supports for Disordered Eating/Eating Disorders

Support Lines

<p>NEDIC (National Eating Disorder Information Centre)</p> <ul style="list-style-type: none">• Learn more: NEDIC What can the helpline do for me?• Chat function: nedic.ca. Select “start chat” button.• Toll free phone line: 1-866-NEDIC-20. Helpline is open Mon-Thurs 9am-9pm, Fridays 9am-5pm	
<p>Tandem (London, Middlesex)</p> <ul style="list-style-type: none">• 519.433.0334• Crisis Response and 24/7 telephone support• Tandem can also help connect students with community mental health supports	
<p>Reach Out (Oxford, Elgin, Middlesex, London)</p> <ul style="list-style-type: none">• Call/text 519-433-2023, Toll Free 1-866-933-2023; Web Chat• 24/7, confidential mental health and addictions support and services line for people living in Elgin, Middlesex and Oxford and London	
<p>Hope For Wellness</p> <ul style="list-style-type: none">• 1-855-242-3310. Chat function also available on website• 24/7 mental health & crisis support for Indigenous people	

Community Support Groups

<p>Looking Glass Online (Ages 14+)</p> <ul style="list-style-type: none">• Online peer support for Canadian youth experiencing eating disorders, disordered eating or body image concerns	
<p>Body Brave (Ages 17+)</p> <ul style="list-style-type: none">• Community-based organization providing virtual support and treatment services covered by OHIP. Learn more: Navigating Services Body Brave	

Private Counselling/Programs

- Can self-refer, no diagnosis needed. May be more immediate treatment available
- [Provider directory \(https://nedic.ca/find-a-provider/\)](https://nedic.ca/find-a-provider/) based on postal code, age, price, type of concern
- [Tip sheet for selecting a provider](#)
- EAP programs through caregiver's workplaces may be worthwhile considering as temporary support (there is usually a limit on sessions, and would not necessarily be eating disorder specialized)



Additional Resources:

- [Body Image and Eating](#)
- [NEDIC - help for youth](#)
- [NEDIC resource list](#)