



Eating Disorder Guide

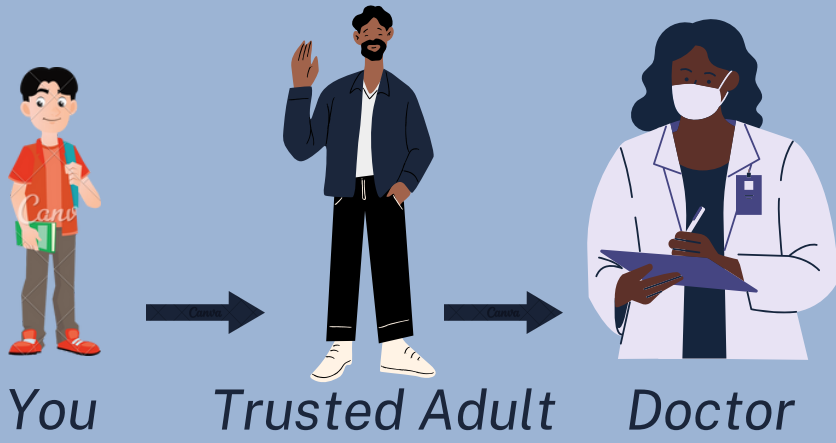
For Youth

What are Eating Disorders?

Eating disorders are illnesses that can affect your thoughts, feelings, and behaviours surrounding food and/or your body.

It’s Okay to Ask for Help

Everyone needs help sometimes, and asking for help shows strength. Speaking to a parent, teacher, counselor, healthcare provider, or other adult is a great first step!



Family-Based Treatment (FBT)

What is it?

- A highly recommended treatment where your caregivers and healthcare provider work together to support your nutrition
- Your caregivers take charge over nutrition at first, with you gaining more control as you get better

Why is it helpful?

- Your caregivers know you best and can support your needs and preferences
- By your caregivers taking control, this reduces your guilt and anxiety related to decisions about food

What does this mean for you?

- Your caregivers will help with meals to make eating easier
- You will work as a team with your caregivers and healthcare providers to rebuild your health

Enhanced Cognitive Behavioural Therapy (CBT-E)

What is it?

- Another recommended treatment where you can talk to a healthcare provider about your feelings and learn ways to handle negative thoughts especially surrounding food and body image

Why is it helpful?

- Helps you reduce repetitive thoughts about food and body image
- Builds your confidence to change eating behaviours

What does this mean for you?

- You have a safe space to share your feelings and worries
- You will learn helpful strategies to manage hard days and feel stronger

Multi-Family Therapy (MFT)

What is it?

- Another recommended treatment where you and other youth work together with your caregivers to learn and share ways to get better

Why is it helpful?

- Some people prefer to share in a group
- Families can support and learn from each other

What does this mean for you?

- You can meet other youth who are similar to you
- Your family will have an opportunity to hear about other families’ experiences

Other Treatment Options

Everyone is different, and there are many ways to get better.

FBT and CBT-E can be a good place to start. Talk to your healthcare provider about exploring the right options for you.

Helpful options may include medications and other treatments.

For more information



*Talk to your
healthcare
provider*



*[nedic.com](https://www.nedic.com)
National Eating
Disorder
Information Centre*



*Full length
Canadian Practice
Guidelines*



Considerations

Where does treatment happen?

Depending on your needs, treatment may take place in different settings. Your healthcare provider will guide you to the best option for you.

In-Patient Care

What is it?

- *Staying in a hospital or treatment program overnight for a period of time*

Why is it helpful?

- *There is a team always available to help you*
- *Helps you feel safe and supported*
- *Hospitalization can reduce your medical risk*
- *Can improve your ability to engage in outpatient options*

Tips for you

- *Talk to a trusted caregiver or healthcare provider about what makes you feel most comfortable*

Day Treatment

What is it?

- *A treatment program that runs during the day allowing you to return your home at night*

Why is it helpful?

- *Provides support while allowing you to live at home*
- *Helps you practice new skills in a supportive environment*
- *Can increase your ability to participate in out-patient care*

Tips for you

- *Discuss transportation and timing with your caregiver and healthcare provider*

Out-Patient Treatment

What is it?

- *A treatment that is provided without being admitted to a hospital (usually weekly), including virtual options*

Why is it helpful?

- *Allows you to get support while you continue your daily life at home and school*
- *Includes effective treatments like FBT and CBT-E*