



Eating Disorder Guide

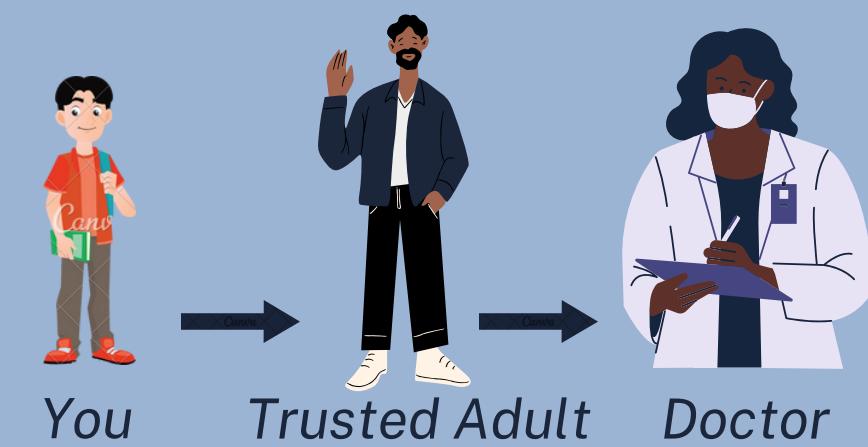
For Youth

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
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