

Student Supports for Disordered Eating/Eating Disorders

Support Lines

[NEDIC](#) (National Eating Disorder Information Centre)

- 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



[Tandem](#) (London, Middlesex)

- 519.433.0334
- Crisis Response and 24/7 telephone support
- Tandem can also help connect students with community mental health supports



[Reach Out](#) (Oxford, Elgin, Middlesex, London)

- 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



[Hope For Wellness](#)

- 1-855-242-3310. Chat function also available on website
- 24/7 mental health & crisis support for Indigenous people



Community Support Groups

[Looking Glass Online](#) (Ages 14+)

- Online peer support for Canadian youth experiencing eating disorders, disordered eating or body image concerns



[Body Brave](#)

- Community-based organization providing virtual support and treatment services covered by OHIP. Learn more: [Navigating Services | Body Brave](#)
- Online self-paced recovery support system available to Ages 14+, virtual support groups available to Ages 17+



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](#)