



EATING DISORDER REFERRAL GUIDE

For Elgin St. Thomas & Area Resource and Support Services

Name	Address	Contact Information	Services Provided
Bulimia-Anorexia Nervosa Association (BANA)	1500 Ouellette Ave, Suite 100 Windsor , ON N8X 1K7	519-969-2112 info@bana.ca www.bana.ca	Support services and education
Canadian Mental Health Association London-Middlesex	648 Huron St. London , ON N5Y 4J8	519-434-9191 huronst@cmhamiddlesex.ca info@cmhamiddlesex.ca www.cmhamiddlesex.ca	Books and videos available
Elgin St. Thomas Public Health	1230 Talbot St. St. Thomas , ON N5P 1G9	519-631-9900 http://www.elginhealth.on.ca	Registered Dietitian available to answer questions and provide printed resources
Hope's Garden Eating Disorders Support & Resource Centre	219 Oxford St. W. Unit 202 London , ON N6H 1S5	519-434-7721 info@hopesgarden.org www.hopesgarden.org	Provides support groups (adult, teen, family), drop in support, educational outreach and an information centre
National Eating Disorders Information Centre (NEDIC)	200 Elizabeth St. ES 7-421 Toronto , ON M5G 2C4	1-866-633-4220 416-340-4156 www.nedic.ca nedic@uhn.ca	Provides support, information on eating disorders and referrals to health professionals in your area
Overeaters Anonymous	Land Between the Lakes IG Box 24005, London , ON N6H 5C4	519-457-8686 ibt@region5oa.org www.oa.org	Offers a program of recovery from compulsive overeating using the 12 step approach.
Sheena's Place	87 Spadina Rd. Toronto , ON M5R 2T1	416-927-8900 www.sheenasplace.org info@sheenasplace.org	A community based support centre in Toronto offering support group programs, outreach/ education and resources for parents and teens.
Support, Concern and Resources For Eating Disorders (SCaRED)	None available	www.eating-disorder.org	Provides information, web support and chat groups

Telephone Support Lines

Name	Phone Number	Clientele
London & District Distress Centre & Suicide Hotline	519-667-6711	Those in crisis
London Mental Health Crisis Service	519-433-2023	Middlesex-London residents in crisis

Registered Dietitians

Name	Address	Contact Information	Services provided
Kathy Mackay London Health Sciences Centre	800 Commissioners Rd. London, ON N6A 4G5	519-685-8500 ext. 56450 Intake ext. 76640 kathy.mackay@lhsc.on.ca	Offers day treatment for inpatients and outpatients
Cynthia Galloway	186 Albert St 306 London, ON N6A 1M1	519-777-1906 cynthiagalloway@yahoo.ca	Individual assessments and counseling

Hospital Treatment Services and Transition Houses

Organization	Address	Contact Information	Services Provided
London Health Sciences Centre— Children's Hospital Child and Adolescent Eating Disorder Program	800 Commissioners Rd. East Zone B, 8 th Floor London, ON N6A 5W9	519-685-8500 Ext. 56158	Inpatient, day and outpatient treatment programs

Private Practice Therapists

Name and Specialty	Address	Contact Information	Clientele Served
Jean Allan, Psychotherapist	48 Bond St. London, ON N6C 1W3	519-660-8611	All ages
Dr. Rosalind Callard, Psychologist	735 William St. London, ON N5Y 2R5	519-432-1883 rosalindcollard@gmail.com www.drrosalindallicallard.com	18 years & older
Dr. Joan Clayton, Psychologist	513 Princess Ave. London, ON N6B 2B7	519-673-4091	12 years & older
Doris Heinrichs, Psychotherapist	717 Richmond St., Suite 305 London, ON N6A 1S2	519-472-7700 doris.heinrichs@outlook.com www.dorishheinrichs.com	16 years & older
Cynthia Galloway, Psychotherapist & Nutrition Therapist	186 Albert St., Suite 304 London, ON N6A 1M1	519-777-1906 Cynthia@hopecounselingcentre.ca www.hopecounselingcentre.ca	Over age 16
Lynne Hamilton, M.Ed., Psychotherapist	539 Cheapside St. London, ON N5Y 3X5	519-438-5454 eatingdisorderstherapylondon.ca	16 years & over
Dr. Robert Unger, Psychologist	186 Albert St. Suite 201 London, ON N6A 1M1	519-660-4811 dr.unger@execulink.com	12 years & older
Elgin Counselling & Mediation Centre, Inc.	19 Queen Street St. Thomas, ON N5R 3H9	519-633-4423 mediationcentre@rogers.com	All ages
Dorit Osher, M.A. MSW, RSW, Clinical Social Worker/Psychotherapist	408 Queens Avenue London, ON N6B 1X9	519-435-1237 www.doritosher.com dosher@rogers.com	All ages

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