

Peer Support for Clients with Eating Disorders

- **Hand in Hand**
 - 1:1 mentor matched with individual
 - Meet in person or via skype (trained mentors are accessible across Vancouver Island)
 - Program lead by a registered therapist with regular check-ins regarding matching
 - ≥16 years' old
 - Free
 - <http://www.lookingglassbc.com/hand-in-hand/>
- **Looking Glass Online Peer Support**
 - Free online support
 - 1-2 trained facilitators
 - Recover focused online conversations, non judgmental, avoid sensitive subjects
 - All ages
 - Free
 - <https://www.lookingglassbc.com/online-peer-support/>
- **Looking Glass Individualized Support Service**
 - Participants given their own private forum space to share struggles, goals, hopes and triggers with a trained mentor 24/7
 - ≥1 mentor will respond to post within 24 hours with encouraging, supportive, and thoughtful message
 - Ages ≥14 years' old
 - Free
 - <https://www.lookingglassbc.com/individualized-support-service/>
- **Victoria ED Recovery Peer Support Group**
 - Weekly support group meets Monday evenings 6:30-8:00 RJH rm PCC-701
 - Free, and is open to any person 19 years of age or older
 - <https://www.facebook.com/Victoria.BC.ED.Peer.Support>

- **Anorexics and Bulimics Anonymous (ABA)**
 - 12 step program adapted from Alcoholics Anonymous
 - Saturdays 11:00-12:00, Sands funeral home, 1803 Quadra st., Main floor, contact Sarah 250-580-5224

- **Kelty Mental Health Resource Centre**
 - Information, Treatment Options, Finding Help, Recovery, Getting Involved
 - From Survive to Thrive (a resource for recovering from an ED, written by those with lived experience)
 - <https://keltyeatingdisorders.ca/>

- **Eating Disorders Anonymous (EDA)**
 - <http://www.eatingdisordersanonymous.org>
 - Local meetings in:
 - *Victoria*: Saturday 2:00 at Arbour Rec center, 1803 Quadra St. Email: edanonymousvictoria@gmail.com
 - *Duncan*: Monday 7:00pm Alano Club 107 Evans St. Email: edanonymouseduncan@gmail.com
 - *Nanaimo*: Tuesday 7:00pm Blossom Place 3069 Alan a Dale Pl deanna@blossomplace.ca
 - Online meetings offered: <http://www.eatingdisordersanonymous.org/online.html>

- **National Eating Disorders Association (NEDA)**
 - Free 24h/7d crisis text line. Text NEDA to 741741
 - List of support groups available: <https://www.nationaleatingdisorders.org/find-treatment/support-groups-research-studies>

- **National Eating Disorder Information Centre**
 - <http://nedic.ca/>
 - Helpline 1-866-633-4220 6am-6pm