

Support for Parents/Caregivers of Individuals with Eating Disorders

- **Families Empowered And Supporting Treatment of Eating Disorders (FEAST)**
 - <http://www.feast-ed.org/>
 - Online support forums and information for parents
 - Accompanying Facebook group for parents to chat
 - Welcome to the first 30 days educational service
- **Feed Your Instinct**
 - <http://www.feedyourinstinct.com.au>
 - Online tool for carers
- **Kelty Mental Health**
 - <https://keltyeatingdisorders.ca/>
 - Parents Guide to Eating Disorders Treatment video:
https://www.youtube.com/watch?v=-812wMW_WPw&feature=youtu.be&list=PL21D7E85D804263B2
 - Meal Support Video:
<https://www.youtube.com/watch?v=pPSLdUUITWE&index=2&list=PLaBirP5zbAj9UohvUChbinY9Y9MKNUaTY>
 - Parents Survive to Thrive Guide:
<https://keltyeatingdisorders.ca/resource/parents-survive-to-thrive-guide-a-resource-guide-for-parents-of-a-child-with-an-eating-disorder-written-by-parents-with-lived-experience/>
 - [Eating Disorders in Youth- A Webinar for Parents & Caregivers: Webinar Recording - YouTube](#) (Jessie's Legacy & Kelty Mental Health)
- **National Eating Disorder Information Center (NEDIC)**
 - Information and resources for Canadians affected by eating disorders
 - Toll free help line, instant chat
 - Offers a Parents & Caregivers Guide to supporting youth with eating disorders
 - <https://nedic.ca/helping-your-child/>

- **Eating Disorder Parent Support (EDPS)**
 - Private Facebook Group
<https://m.facebook.com/groups/EatingDisorderParentSupport.E/>

- **National Eating Disorder Association (NEDA)**
 - American
 - Have a Parent, Family & Friends Network
 - <https://www.nationaleatingdisorders.org/parent-toolkit> (copy and paste into a web browser)
 - Offer forums, blog articles, video library, and tool kit all geared towards parents/caregivers

- **Beat – Beating Eating Disorders**
 - Eating disorder charity out of the United Kingdom
 - Offer adult carers online support groups
 - Groups run the second Wednesday of each month
 - <https://www.beateatingdisorders.org.uk/get-information-and-support/support-someone-else/support-for-carers/>

- **The New Maudsley Approach**
 - A resources for carers and professionals of people with eating disorders
 - Aimed at families of sufferers at all ages. Used as an adjunct to treatment
 - <http://www.thenewmaudsleyapproach.co.uk/>

- **Book:** Skills-based Learning for Caring for a Loved One with an Eating Disorder by Janet Treasure, Grainne Smith & Anna Crane.

- **Book:** When Your Teen has an Eating Disorder (<https://www.amazon.ca/When-Your-Teen-Eating-Disorder/dp/1684030439>)