

NANAIMO AREA EATING DISORDERS RESOURCES

Youth

Adults

Central Island Child & Youth Eating Disorders Program

For those ≤ 19 y.o. & their families

Multidisciplinary Eating Disorder support with a focus on Family Based Therapy

Referral from GP/NP/Pediatrician

Phone: 250-755-7955

Fax: 250-739-5944

#40, 1925 Bowen Rd, Nanaimo, BC

NARSF Programs Ltd. Eating Disorder Program

For those ≤ 19 y.o. & their families

Individual & family counselling

Open Referral:

Phone 250-754-2773 xtn 102

Referral form available on website for GPs or healthcare professionals:

<http://www.narsf.org/child-family-programs/eating-disorders-program-edp/>

Fax: 250-754-1605

202 - 190 Wallace St, Nanaimo BC

Telehealth Psychiatrist

Psychiatric Eating Disorder Consultation via telehealth
Referral from GP/NP required

Fax: 1-250-370-8199

Outpatient Dietitian

Nutritional Counselling

Collaborates with Mental Health

Substance Use Therapist

GP/NP Referral required

Phone: 250-739-5854

Fax: 250-739-5855

3151 Barons Rd, Nanaimo BC

Mental Health & Substance Use

Brief individual therapy & referral to mental health groups

Collaborates with Dietitian

Self Referral through Rapid Access Clinic (address below)

Phone: 250-739-5880

Short Term Assessment & Treatment (ASTAT) team

3151 Barons Rd, Nanaimo BC

Nanaimo Crisis Counselling Clinic

Walk-in single session therapy

No referral or appointment required

Offers intake for MHSU therapy services

Phone: 250-739-5710

203-2000 Island Highway N. Nanaimo BC

Provincial Specialized Eating Disorders Programs

BC Children's Hospital Provincial Specialized Eating Disorders Program (≤17 y.o.)

Looking Glass Residence Residential Treatment Program (16-24 y.o.)

Provincial Adult Tertiary & Specialized Eating Disorders Program at St. Paul's Hospital (≥17 y.o.)