

# Peer Support for Clients with Eating Disorders

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- **Hand in Hand**
  - 1:1 mentor matched with individual
  - Meet in person or via video call
  - 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 group
  - 1-2 trained facilitators
  - Recover focused online conversations, non judgmental, avoid sensitive subjects
  - ≥14 years old
  - Free
  - <https://www.lookingglassbc.com/online-peer-support/>
- **Looking Glass Personal Recovery Space**
  - Participants given their own private digital forum space to share struggles, goals, hopes and triggers with trained mentors 24/7
  - Team of trained mentors will respond to post within 48 hours with encouraging, supportive, and thoughtful message
  - Ages ≥14 years old
  - Free
  - <https://www.lookingglassbc.com/personal-recovery-space/>
- **Victoria ED Recovery Peer Support Group**
  - Weekly support group meets Monday evenings 6:30-8:00 PM PST
  - Zoom: <https://us04web.zoom.us/j/72129030942>
  - Free, and is open to any person 18 years of age or older
  - Email: [victoriaeatingdisorderpeerhelp@gmail.com](mailto:victoriaeatingdisorderpeerhelp@gmail.com)
  - <https://edpeersupportvictoria.com/>

- **Anorexics and Bulimics Anonymous (ABA)**
  - 12 step program adapted from Alcoholics Anonymous
  - Meetings are currently virtual via zoom
  - Victoria contact: Hazel – 780-782-0363
  - <https://aba12steps.org/aba-meetings/virtual-meetings/>
  - <https://aba12steps.org/aba-meetings/meetings/canada/bc/victoria/>
  
- **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)**
  - 12 step eating disorder recovery group
  - <http://www.eatingdisordersanonymous.org>
  - Local and zoom meetings throughout the week:  
<https://eatingdisordersanonymous.org/meetings/?tsml-day=any&tsml-region=ca>
  
- **National Eating Disorders Association (NEDA)**
  - Free 24h/7d crisis text line. Text NEDA to 741741
  - Free & Low Cost supports available including forums, support groups, and recovery mentors: <https://www.nationaleatingdisorders.org/free-low-cost-support> (copy and paste link into web browser)
  
- **National Eating Disorder Information Centre**
  - <http://nedic.ca/>
  - Helpline 1-866-633-4220 6am-6pm
  
- **Overeaters Anonymous (OA)**
  - <https://oa.org/>
  - 12 step recovery program adapted from Alcoholics Anonymous
  - Meetings available over the phone and by zoom
  - Face to Face meetings on hold due to COVID 19