

Everyone Has A Role To Play

Resources

For educators supporting a student with an eating disorder

IMMEDIATE SUPPORT

National Eating Disorder Information Centre (NEDIC)

- Anonymous & confidential national helpline and online chat focused on EDs

Kids Help Phone

- 24/7 mental health support for Canadians ages 5-29

Crisis Services Canada

- 24/7 crisis support for Canadians of all ages

Hope For Wellness

- 24/7 mental health & crisis support for Indigenous people

WHERE CAN I LEARN MORE?

- NEDIC - [Guide for Educators](#)
- Dietitians4Teachers - [Blog, resources, and services that aim to create food-neutral classrooms](#)
- Jessie's Legacy - [Resources for educators](#)
- CANPED - [Understanding EDs in adolescence](#)
- NEDIC - [Educational sessions and digital campaign materials for post-secondary campuses](#)

HOW CAN I BE PROACTIVE?

- Book an educational workshop geared to school environments:
 - [NEDIC \(nationwide\)](#).
 - [BANA \(Windsor-Essex, ON\)](#).
 - [Hopewell \(Ottawa, ON\)](#).
 - [Jessie's Legacy \(Lower Mainland, BC\)](#).
- Inquire about using developed programs like [Beyond Images \(Gr. 4-8\)](#), [The Body Project](#), or [view prevention guidelines](#) to help make your own decision