



# Life is waiting.

Assisting individuals and their families in coping and overcoming the challenges of Eating Disorders.

## HOW WE CAN HELP YOU

- Understanding your eating disorder
- Managing your symptoms
- Setting realistic goals
- Developing effective coping strategies
- Challenging negative or mistaken assumptions/beliefs
- Managing stressful relationships and life events

## HOW TO REFER

Only physician-initiated referrals are accepted and must be completed on our program-specific referral form. Results from recent clinical investigations form an integral part of the referral process and must be provided before an assessment can be booked. Due to the potentially serious medical complications associated with Eating Disorders, family physicians must agree to remain involved in the ongoing medical management of their patients.

For further information or to initiate a referral please contact our Program Secretary at 905-815-5140.

## WHERE TO GO FROM HERE

Upon receipt of a physician referral and all supporting documentation, the client will be contacted for an appointment. The process will include a comprehensive

multidisciplinary assessment, followed by treatment recommendations and options which will be discussed with the client and/or family. For clients under the age of 18 years, parents are expected to be involved in the treatment.

If you believe you or your child may be suffering from an eating disorder, please do not delay seeking help. The earlier professional intervention occurs, the more favourable the outcome.

## CHARACTERISTICS OF ANOREXIA NERVOSA

- ✓ an intense and irrational fear of weight gain
- ✓ body image distortions
- ✓ preoccupation with weight/size
- ✓ significant weight loss, or lack of weight gain in early teens
- ✓ unusual eating habits, excessive dieting or refusal to eat
- ✓ maintenance of weight below a healthy level

## CHARACTERISTICS OF BULIMIA NERVOSA

- ✓ bingeing or consumption of enormous quantities of food in a short period of time
- ✓ attempts at weight control through purging (vomiting, excessive exercise, abuse of laxatives, diet pills or diuretics)
- ✓ intense anxiety around weight gain; may also have body image distortion

## CHARACTERISTICS OF BINGE EATING DISORDER

- ✓ uncontrolled eating of large quantities of food at one sitting
- ✓ no use of weight control methods

## Where to find more information

National Eating Disorders Information Centre (NEDIC)  
200 Elizabeth Street, Rm 1-304, Toronto, Ontario M6G 2C4  
Phone: (416) 340-4156  
Fax: (416) 927-8844  
[www.nedic.on.ca](http://www.nedic.on.ca)

Sheena's Place  
87 Spadina Road, Toronto, Ontario M5R 2T1  
Phone: (416) 927-8900  
Fax: (416) 927-8844  
[www.sheenasplace.org](http://www.sheenasplace.org)

National Institute of Mental Health  
[www.mentalhealth.com](http://www.mentalhealth.com)

Something Fishy Website  
[www.something-fishy.org](http://www.something-fishy.org)

Canadian Mental Health Association  
[www.cmha.ca](http://www.cmha.ca)

Danielle's Place  
[www.daniellesplace.org](http://www.daniellesplace.org)