

# EATING DISORDERS

## Where to go when you're looking for help

### What is an eating disorder?

Eating disorders are conditions involving an obsession with food, weight and/or appearance that negatively affect people's health and daily living. To be diagnosed with an eating disorder, a person must have both disordered eating and psychological disturbance.

**Anorexia nervosa:** People with anorexia have an intense and irrational fear of gaining weight and having body fat. They may believe they're fat, even when well below the normal weight for their height and age. Anorexia is the most fatal eating disorder: some people may die of complications related to starvation, while others die of suicide.

**Bulimia nervosa:** People with bulimia go through cycles of bingeing and purging. Bingeing involves eating large amounts of food quickly. This makes people feel physically ill and anxious about gaining weight. Then they purge, which can involve vomiting, depriving themselves of food, over-exercising or using laxatives and diuretics.

**Binge-eating disorder:** People with binge eating disorder overeat compulsively, consuming huge amounts of food, often all at once. Like the other disorders, people with BED often feel out of control and powerless to stop the behaviour.

### What are the recommended treatment options?

Treatment options include:

- psychoeducation, including self-help resources and resources for families
- nutritional counselling
- psychotherapy.
- medication

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

## How to Find Services in Your Area

### National Eating Disorder Information Centre (NEDIC)

1 866 633-4220 (Toll free)  
416 340-4156 (Toronto/ GTA)  
<http://nedic.ca/>

**Services offered:** Information and support on eating disorder concerns; a national directory of services providers on their website under “Give & Get Help” (select “Service Provider Director,” then “Find a Service Provider Now” and enter your location details)

**Eligibility:** Anyone who is either directly or indirectly affected by eating disorder concerns.

## Child and Youth Services

### Halton Healthcare (Oakville Trafalgar Memorial Hospital): Eating Disorders Clinic

3001 Hopital Gate, Oakville, ON  
901 845-2571 ext. 4900  
[www.haltonhealthcare.on.ca](http://www.haltonhealthcare.on.ca) (and type “eating disorders” in the search bar)

**Services offered:** An outpatient program offering assessment, individual and group therapy, and education and support

**Eligibility:** Age 12 to 18 and their families

**Referral:** Family physician must complete the one-Link referral form

### McMaster Children’s Hospital

1200 Main Street West, Hamilton, ON  
905 521-2349 ext.73049  
[www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/areas-of-care/programs-and-clinics/eating-disorder-program/](http://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/areas-of-care/programs-and-clinics/eating-disorder-program/)

**Services offered:** Provides comprehensive eating disorders assessments; and outpatient, day treatment and inpatient services

**Eligibility:** Age seven to 17 experiencing moderate to severe eating disorder symptoms. And live within the Hamilton Niagara Haldimand Brant LHIN

**Referral:** A physician or nurse practitioner needs to submit the referral form found under “Referral process” on the website

### North York General — Adolescent Eating Disorders Program

Phillips House: 10 Buchan Court, Toronto ON  
416 756-6933  
[www.nygh.on.ca/areas-care/mental-health/eating-disorders-program?cid=1230&lang=1](http://www.nygh.on.ca/areas-care/mental-health/eating-disorders-program?cid=1230&lang=1)

**Services offered:** An outpatient day hospital support program that offers medical, nutritional, mental health care and an academic program staffed by the Toronto Catholic District School Board; provides assessment, diagnosis and treatment

**Eligibility:** Age 12 to 18 with an eating disorder who no longer need 24-hour supervision but require a structured program

**Referral:** A physician needs to submit the referral form on their website

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## Southlake Regional Health Centre – Child and Adolescent Eating Disorders Program

596 Davis Drive, Newmarket, ON

905 895-4521 ext. 2825

[www.southlakeregional.org/Default.aspx?cid=609&lang=1](http://www.southlakeregional.org/Default.aspx?cid=609&lang=1)

**Services offered:** Offers assessments, and outpatient and day treatment programs

**Eligibility:** Age 13 to 18 who have an eating disorder and live in the York Region or Simcoe County. Clients must first get a multidisciplinary assessment for the outpatient and the day treatment programs

**Referral:** The referral must be completed by a physician and can be found on their website.

## SickKids – Eating Disorders Program

555 University Ave, Toronto ON

416 813-7005

[www.sickkids.ca](http://www.sickkids.ca) (and click on “eating disorder” in the search bar)

**Services offered:** Inpatient and outpatient programs, day hospital and family education: provides diagnoses and treatment for a range of eating disorders

**Eligibility:** Age 8 to 18 (except for the Children’s Outreach Program for Eating Disorders [COPE], which is for children under age 13); children and adolescents who struggle to eat enough to stay healthy, have concerns about their body weight or shape or have unhealthy behaviours related to weight control. The program does not see people with lifelong stable picky eating, pica or rumination issues exclusively or those with obesity due to binge eating

**Referral:** Must come from a health care professional through SickKids e-referral platform. Please refer to their website for more information about their referral process. Referrals are only accepted for children and youth up to age 17 years and 3 months old. For urgent same-day referrals, contact the electronic Child Health Network (eCHN)’s Helpdesk at 416 813-7998 or 1 877-252-9900, or by email at [helpdesk@echn.ca](mailto:helpdesk@echn.ca). On weekends and after 6:00 p.m. on weekdays, please contact the fellow on call via SickKids Locating at 416 813-1500.

## Southlake Regional Health Centre – Young Adult Eating Disorder Program

596 Davis Drive, Newmarket, ON

905 895-4521 ext. 2825

[www.southlakeregional.org/Default.aspx?cid=877&lang=1](http://www.southlakeregional.org/Default.aspx?cid=877&lang=1)

**Services offered:** Provides outpatient treatment

**Eligibility:** Age 18 to 25 who are affected by anorexia nervosa, bulimia nervosa or eating disorders not otherwise specified along with their families. Must live in the York Region or Simcoe County. The services does not provide treatment to patients with binge eating disorder.

**Referral:** The referral (available on their website) must be completed by a physician.

## Adult Services

### CAMH Concurrent Outpatient Medical & Psychosocial Addiction Support Services (COMPASS)

100 Stokes St., and 60 White Squirrel Way, Toronto, ON

416 535-8501, press 2

[www.camh.ca/en/your-care/programs-and-services/compass](http://www.camh.ca/en/your-care/programs-and-services/compass)

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**Services offered:** Group therapy using mindfulness-based CBT and DBT, and psychoeducation approaches provided within a trauma-informed approach to care. Services include a 16-week Building Balance Group (for people with anorexia nervosa, bulimia nervosa or other specified feeding or eating disorder (OSFED) and substance use disorder; and a 16-week Mindful Action Group for binge eating disorder, OSFED and substance use disorder. The groups address food restriction; binge eating; purge behaviours if present; nutrition teaching; problematic substance use; mindfulness and mindful eating; goal setting; coping skills for managing thoughts, emotions and urges; balanced physical activity; interpersonal skills and assertiveness; perfectionism; body image; and relapse prevention.

**Eligibility:** People with substance use disorder and a concurrent eating disorder

**Referral:** Must first be referred to COMPASS to complete the initial assessment before being referred to this treatment.

**Note:** The groups are not appropriate for people with severe eating disordered symptoms that would be more safely treated in a day program or inpatient setting. Work with overweight or obese clients does not focus on weight loss, and this is not a goal of the treatment.

## UHN (Toronto General Hospital) – Eating Disorder Program

200 Elizabeth Street, Toronto, ON

416 340-3041

[www.uhn.ca/MCC/PatientsFamilies/Clinics\\_Tests/Eating\\_Disorder/Pages/about\\_us.aspx](http://www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Eating_Disorder/Pages/about_us.aspx)

**Services offered:** Offers comprehensive information, assessment and intensive treatment

**Eligibility:** People age 17 and older with anorexia nervosa, bulimia nervosa or other forms of eating. They do not offer treatment options for obesity or binge eating disorders disorders.

**Referral:** A physician must submit the referral form from the website.

**Note:** Typically people will be seen two to three months after the referral is submitted but wait times vary.

## Lakeridge Health – Eating Disorders Program

850 King Street West, Oshawa ON

905 576-8711 ext. 34622

[www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp](http://www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp)

**Services offered:** Hospital-based outpatient program, specializing in the assessment and treatment of eating disorders

**Eligibility:** Youth and adults with eating disorders and their families

**Referral:** The referral form (available on their website) must be completed by a physician or nurse practitioner who is willing to provide medical follow-up and management. Clients are only able to self-refer for the adult binge eating disorders group and must have a physician or nurse practitioner who is willing to provide medical monitoring.

**Note:** All referrals will receive a telephone screen followed by a comprehensive interdisciplinary assessment to determine treatment needs.

## North York General Hospital — Adult Eating Disorders Program

4001 Leslie Street, Toronto ON

416 756-6942

[www.nygh.on.ca/areas-care/mental-health/eating-disorders-program?cid=1230&lang=1](http://www.nygh.on.ca/areas-care/mental-health/eating-disorders-program?cid=1230&lang=1)

**Services offered:** Offers partial hospitalization program as well as group-based aftercare after people complete the partial hospitalization program

**Eligibility:** Age 17 and older who have been diagnosed with anorexia or bulimia nervosa

**Referral:** The referral form can be found on the website and must be submitted by a physician.

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## Sheena's Place

87 Spadina Road, Toronto ON

416 927-8900

<https://sheenasplace.org/>

**Services offered:** Supportbody image, skill building and expressive art groups

**Eligibility:** Age 17 and older who are affected by an eating disorder as well as their family and friends

**Referral:** Self-referral

**Note:** Information sessions are available either over the phone or in person. To book an appointment, please call 416 927-8900 ext. 220.

## Trillium Health Partners (Credit Valley Hospital) – Eating Disorders Program

2200 Eglinton Avenue West, Mississauga ON

905 813-2200

<https://trilliumhealthpartners.ca/patientservices/mentalhealth/medicalpsychiatry/Pages/Eating-Disorders-Program.aspx>

**Services offered:** Offers inpatient, daypatient, transition and outpatient treatment: treatment includes nutritional rehabilitation, skills acquisition and psychotherapy, dialectical behaviour therapy and cognitive-behavioural therapy groups, and groups on nutrition and mindfulness.

**Eligibility:** Age 18 and older who have been diagnosed with anorexia nervosa, bulimia nervosa or other specified eating disorders, and their families. Binge eating disorders are not treated in this program.

**Referral:** A physician or nurse practitioner must complete the one-Link referral form on their website.

## William Osler (Peel Memorial Centre) – Eating Disorders Clinic

20 Lynch St. 3<sup>rd</sup> Floor, Brampton ON

905 863-2560

[www.williamoslerhs.ca/patients-and-families/programs-services/mental-health-and-addictions/mental-health-services-for-children-and-adolescents](http://www.williamoslerhs.ca/patients-and-families/programs-services/mental-health-and-addictions/mental-health-services-for-children-and-adolescents)

**Services offered:** Provides outpatient assessment and treatment, group psychoeducation, nutritional consultation, short-term psychotherapy groups, ongoing physical monitoring and psychiatric consultations where needed.

**Eligibility:** Children, adolescents and adults with mild to moderate eating disorders who live in North Peel (Brampton and Caledon), Halton Hills and North Etobicoke (Malton, Rexdale and part of Woodbridge) as well as Dufferin County.

**Referral:** A physician must submit the referral form from the website.