

## Appendix I

### Resources and Instructions Presented on each Page

If you have concerns about your eating behavior, you are encouraged to consult with your primary healthcare provider. In the event of an emergency, always call 911.

See below for a list of mental health and eating disorder resources and supports.

<b>Crisis Services Canada - <a href="http://www.crisisservicescanada.ca">www.crisisservicescanada.ca</a></b>		
Call (24/7, Toll Free)	National: 1 833-456-4566 Quebec: 1 866-277-3553	<i>Canada-wide suicide prevention &amp; support helpline.</i>
Text (4pm-midnight EST)	National: 45645	
<b>National Eating Disorder Information Center - <a href="http://www.nedic.ca">www.nedic.ca</a></b>		
Call (Toll Free)	1-866-633-4220	<i>NEDIC provides information, resources, referrals, and in-the-moment support to Canadians affected by eating disorders. You can connect with a trained support worker through their confidential helpline and instant chat service</i>
Email	<a href="mailto:nedic@uhn.ca">nedic@uhn.ca</a>	
Live Chat	<a href="http://www.nedic.ca">www.nedic.ca</a>	
Find a Provider Tool	<a href="https://nedic.ca/find-a-provider/">https://nedic.ca/find-a-provider/</a>	
		Help Service Hours (EST) <ul style="list-style-type: none"> <li>- Mon-Thurs - 9am – 9pm</li> <li>- Fri 12 – 9am – 5pm</li> <li>- Sat/Sun – 12-5pm</li> </ul>
<b>Kids Help Phone – <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a></b>		
Call (24/7, Toll Free)	1-800-668-6868	<i>Free, confidential mental health support in English and French for young people (age 5-29) across Canada.</i>
Text	“CONNECT” to 686868	
<b>Body Brave - <a href="https://www.bodybrave.ca">https://www.bodybrave.ca</a></b>		
Register for Body Brave Self-Guided Services	<a href="https://www.bodybrave.ca/register">https://www.bodybrave.ca/register</a>	<i>Self-guided eating disorder support programming, as well as group and individual treatment services for ages 17+ based on a ‘stepped care’ approach to recovery. A diagnosis is not required to access services.</i>
<b>Canadian Centre for Mental Health and Sport - <a href="https://www.ccmhs-ccsms.ca">https://www.ccmhs-ccsms.ca</a></b>		

*The CCMHS is a registered charity supporting the mental health and performance of competitive and high-performance athletes.*

**Hope For Wellness** - [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

Call (24/7, Toll Free) 1-855-242-3310

*Immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada.*

**Provincial and Territorial Mental Health Crisis Lines**

<b>Call</b>	<b>Alberta</b>	1-877-303-2642
	<b>British Columbia</b>	1-800-784-2433
	<b>Manitoba</b>	1-877-435-7170
	<b>New Brunswick</b>	1-800-667-5005
	<b>Newfoundland and Labrador</b>	1-888-709-2929
	<b>Northwest Territories</b>	1-800-661-0844
	<b>Nova Scotia</b>	1-888-429-8167
	<b>Nunavut</b>	1-800-265-3333 - 7 pm-11 pm (EST)
	<b>Ontario</b>	1 833-456-4566 Ontario College & University Students: 1-866-925-5454 Crisis Response Ontario – Kenora, Dryden, Fort Frances, Rainy River area: 1-866-888-8988
	<b>Prince Edward Island</b>	1-833-553-6983 – 10am-10pm (AST)
	<b>Quebec</b>	1-866-277-3553
	<b>Saskatchewan</b>	1 833-456-4566
	<b>Yukon</b>	1-844-533-3030 - 10am to 2am (MST)