

EATING DISORDERS

Where to go when you're looking for help

Last updated: February 2024

An eating disorder is a condition that involves abnormal eating habits, thoughts and behaviours related to food, weight and body image that can negatively affect a person's life. There are several types of eating disorders, all of which feature both disordered eating and psychological disturbances. The most common ones are anorexia nervosa, bulimia nervosa and binge eating disorder.

Eating disorders can lead to serious medical complications, so it is important to get treatment as soon as possible. Treatment depends on the type of eating disorder and the symptoms, but it usually involves a combination of psychotherapy, nutritional counselling, psychoeducation and, sometimes, medication.

Resources and Referrals

National Eating Disorder Information Centre

www.nedic.ca

Tel.: 1 866 633-4220 (toll-free helpline), 416 340-4156 (Toronto/GTA)

Services: Information and referrals for eating disorder support; self-assessment questionnaire; toll-free help-line; live chats; outreach and education to raise awareness and prevent eating disorders; directory of services providers (under "Get Help" → "Find a Provider" → enter your location)

Eligibility: Anyone who needs support related to eating disorders for themselves or someone they know

Hours: (live chat) Monday to Thursday, 9 am–9 pm; Friday, 9 am–5 pm; Saturday and Sunday, 12 pm–5 pm

Treatment: Children and Youth

Halton Healthcare (Oakville Trafalgar Memorial Hospital) – Eating Disorders Clinic

3001 Hospital Gate, Oakville, ON

www.haltonhealthcare.on.ca/services_/28763/t28545-mental-health/t28361-child-and-adolescent-services/s76214-child-and-adolescent-eating-disorders-program

Tel.: 905 845-2571 ext. 4900

Services: Mandatory education groups for parents/caregivers; family-based treatment that helps parents re-establish consistent eating patterns; medical monitoring with referring primary care provider

Eligibility: Youth under age 18 with moderate to severe symptoms; includes youth recently discharged from hospital for medical stabilization, or who may experience acute medical crisis without appropriate intervention

Referral: Required from other Halton Healthcare services or through a family doctor; referrals made through one-Link (for referral form or more information, call 905 338-4123 or toll-free 1 844 216-7411)

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.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.

Hospital for Sick Children – Eating Disorders Program

170 Elizabeth Street, Room 7424, Black Wing, Toronto, ON

www.sickkids.ca/en/care-services/clinics/eating-disorders-program

Tel.: 416 813-5804

Services: Diagnosis and treatment for a range of eating disorders; inpatient and outpatient programs, day hospital and family education

Eligibility: Ages 8–18; 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; not for people with lifelong stable picky eating, pica/rumination issues or obesity due to binge eating

Hours: Every day, 8 am–4 pm, except holidays

Referral: Required from health care provider through SickKids e-referral platform; referrals accepted for youth up to age 17 years and 3 months; for urgent same-day referrals, contact the Child Health Network’s helpdesk at 416 813-7998 or 1 877-252-9900, or email helpdesk@echh.ca; on weekends and after 6 pm on weekdays, contact the Fellow on call via SickKids Locating at 416 813-1500

McMaster Children’s Hospital – Eating Disorders Program

1200 Main Street West, Hamilton, ON

www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/areas-of-care/services/eating-disorder-program

Tel.: 905 521-2100 ext. ext.73049

Services: Assessment; inpatient programs; day hospital programs; outpatient programs; family-based treatment that involves family members in the recovery process

Eligibility: Youth ages 12–17 with moderate to severe eating disorder symptoms and their families

Referral: Required from pediatrician or family doctor to a specialist; referral form on website, fax to 905 521-2330

North York General Hospital – Child and Adolescent Eating Disorders Program

Phillips House, 10 Buchan Court, Toronto, ON

www.nygh.on.ca/areas-care/mental-health/eating-disorders-program?cid=1230&lang=1

Tel.: 416 756-6933

Services: Comprehensive assessment and treatment; outpatient treatment, which involves medical monitoring and therapy; day hospital program, which includes medical, nutritional and mental health care, and an academic component staffed by a Toronto Catholic District School Board teacher

Eligibility: Youth under age 18 with an eating disorder; for the day hospital program: youth ages 12–17 who no longer need 24-hour supervision but require a structured program

Referral: Required from a physician; referral form available on website

Southlake Regional Health Centre – Young Adult Eating Disorders Program

596 Davis Drive, 5th floor, Newmarket, ON

www.southlake.ca/all-physicians-services/?serviceGet=6664#nav-programservice_clinics

Tel.: 905 895-4521 ext. 2825

Services: Half-day assessment for patients and their family includes medical assessment and individual/family assessment, followed by feedback and recommendations; outpatient treatment; multidisciplinary assessment; education sessions; group and individual therapy; family therapy; nutritional counselling; medical monitoring; psychiatric consultation

Eligibility: Young adults ages 18–25 with eating disorders who live in York Region or Simcoe County; young adults who are medically stable and can manage adequately in the community

Referral: Required from a physician

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William Osler Health System (Peel Memorial Centre) – Eating Disorders Clinic

20 Lynch Street, 3rd floor, Brampton, ON

www.williamoslerhs.ca/en/areas-of-care/mental-health-services-for-adults.aspx#Eating-disorders-clinic

Tel.: 905-494-2120

Services: Assessment and diagnosis; family-based treatment for children and adolescents; nutritional consultation; psychoeducation and psychotherapy groups; medical monitoring with family doctor; psychiatric consultation

Eligibility: Adults, children, adolescents and youth with mild to moderate eating disorders who are assessed as medically stable by their family doctor

Referral: Self-referral and referral by any medical professional accepted

Treatment: Adults

Lakeridge Health – Eating Disorders Program

850 King Street West, Oshawa, ON

www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp

Tel.: 905 721-4747 ext. 9

Services: Hospital-based outpatient assessment and treatment program; physical health monitoring; nutrition education; individual and group therapy, including adult binge eating disorder group; support for families and caregivers

Eligibility: Youth and adults with eating disorders and their families

Referral: Required from a physician or nurse practitioner willing to provide medical follow-up and management; Clients can self-refer only for the adult binge eating disorder group as long they get medical monitoring from their primary health care provider. To refer, call 905 440-7534, fax 905-440-7560 or email

CentralConnectMHA@lh.ca. Patient and health care provider referral forms available on the website

Note: All referrals will do a telephone screening followed by an interdisciplinary assessment to determine treatment needs

North York General Hospital – Adult Eating Disorders Program

4001 Leslie Street, 7th floor, Toronto, ON

www.nygh.on.ca/areas-care/mental-health/eating-disorders-program?cid=1230&lang=1

Tel.: 416 756-6933

Services: Partial day hospital program for people diagnosed with bulimia nervosa or anorexia nervosa; case-by-case assessment, diagnosis and treatment of other eating disorders; referral to another eating disorders program when required; 25-week group for people with binge eating disorder

Eligibility: People ages 18+

Hours: Monday, Wednesday, Thursday, 12 pm–2:30 pm (partial day hospital program); Wednesday, 10 am–2 pm (binge eating disorder group)

Referral: Required from a physician; see referral form on website

Sheena's Place

87 Spadina Road, Toronto, ON

www.sheenasplace.org/

Tel.: 416 927-8900

info@sheenasplace.org

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Services: Online groups; support groups; groups for skill-building, expressive arts, body image and movement, nutrition; workshops and recreational programs to decrease isolation and promote social connection

Eligibility: People ages 17+ with an eating disorder who live in Ontario

Referral: Self-referral; no eating disorder diagnosis or referral required

Note: Information sessions held via Zoom every second Monday; register on website

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

2200 Eglinton Avenue West, Mississauga, ON

www.trilliumhealthpartners.ca/patientservices/mentalhealth/medicalpsychiatry/Pages/Eating-Disorders-Program.aspx

Tel.: 905 813-4505

Services: Inpatient, day patient, transition and outpatient treatment; support for family and significant others; nutritional rehabilitation; skills acquisition; psychotherapy; dialectical behaviour therapy and cognitive-behavioural therapy groups; nutrition group; mindfulness and relaxation group

Eligibility: People ages 18+ with anorexia nervosa, bulimia nervosa and other specified eating disorder; no treatment for binge eating disorder

Referral: Required from doctor or nurse practitioner; one-Link referral form available on website

UHN (Toronto General Hospital) – Eating Disorder Program

200 Elizabeth Street, Eaton Building, 7th and 8th floors, Toronto, ON

www.uhn.ca/MentalHealth/Clinics/Eating_Disorder

Tel.: 416 340-3477

Services: Intensive treatment (inpatient and virtual outpatient programs); Modified Eating Disorder Assertive Community Treatment

Eligibility: People ages 17+ with severe eating disorders such as anorexia nervosa, bulimia nervosa and avoidant restrictive food intake disorder; not intended for obesity or binge eating disorders

Referral: Required from a physician or nurse practitioner; Referral form available on website; fax form to 416 340-3430 or email it to cmhcentralintake@uhn.ca

William Osler Health System (Peel Memorial Centre) – Eating Disorders Clinic

20 Lynch Street 3rd floor, Brampton, ON

www.williamoslerhs.ca/en/areas-of-care/mental-health-services-for-adults.aspx#Eating-disorders-clinic

Tel.: 905 494-2120 ext. 56709

Services: Assessment and diagnosis; family-based treatment for children and adolescents; nutritional consultation; psychoeducation and psychotherapy group intervention; medical monitoring with the patient's family physician; psychiatric consultations

Eligibility: Adults, children, adolescents and youth with mild to moderate eating disorders who are assessed as medically stable by their family doctor

Referral: Self-referral and referral by any medical professional accepted