

Eating Disorders Counselling and Support

Agency Name	Contact Information	Services Offered
CAMH Concurrent Outpatient Medical & Psychosocial Addiction Support Services (COMPASS)	416 535-8501, press 2 www.camh.ca/en/your-care/programs-and-services/compass	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))
Credit Valley Hospital Eating Disorders Program	https://www.thp.ca/patientservices/mentalhealth/medicalpsychiatry/Pages/Eating-Disorders-Program.aspx	Adult males and females aged 18 years and older diagnosed with Anorexia Nervosa (AN), Bulimia Nervosa (BN), and Other Specified Eating Disorder Referrals made through One Link
Lakeridge Health – Eating Disorders Program	905 576-8711 ext. 34622 Durham www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp	Hospital-based outpatient program, specializing in the assessment and treatment of eating disorders for youth and adults and their families.
North York General Hospital Eating Disorders Program	416-756-6642 Referral form: https://ocean.cognisantmd.com/referrals/NewReferral.html?rtRef=nygh_adult_eating_di99307119	Providing support to individuals 18 years and older with eating disorders.
Sheena’s Place Support for Eating Disorders	416-927-8900 https://sheenasplace.org/	Sheena’s Place, offers group-based support to people aged 17+ affected by an eating disorder or disordered eating at no cost.

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The National Eating Disorder Information Centre (NEDIC) - Helpline	416-340-4156 https://nedic.ca/	NEDIC provides information, resources, referrals, and support to Canadians affected by eating disorders.
UHN (Toronto General Hospital) Eating Disorder Program	416 340-3041 www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Eating_Disorder/Pages/about_us.aspx	Offers comprehensive information, assessment and intensive treatment for people age 17 and older with anorexia nervosa, bulimia or other eating disorders.
William Osler (Peel Memorial Centre) – Eating Disorders Clinic	905 863-2560 www.williamoslerhs.ca/patients-and-families/programs-services/mental-health-and-addictions/mentalhealth-services-for-children-and-adolescents	Provides outpatient assessment and treatment, group psychoeducation, nutritional consultation, short-term psychotherapy groups, ongoing physical monitoring and psychiatric consultations to 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.