

Websites

NEDA (National Eating Disorder Association)

<https://www.nationaleatingdisorders.org/learn/help/caregivers>

The National Eating Disorder Association (NEDA) is the largest non-profit organization dedicated to supporting individuals and families affected by eating disorders providing education, toolkits for parents, help and support.

F.E.A.S.T. (Families Empowered and Supporting Treatment of Eating Disorders)

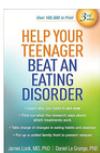
<https://www.feast-ed.org/>

A non-profit global online support group of parents and volunteers connected by their common experiences offering education, resources, advocacy, and family support. Includes:

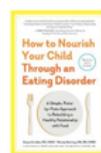
- Family Guide Series on the FEAST website (set of family guides (10-12 page informational PDFs): <https://www.feast-ed.org/family-guide-series/>)
- E.D. First 30 Days Program (Daily emails from FEAST parent's organization with approximately 30 minutes of learning material per day - including reading, video, audio content): <https://feast-ed.org/feast-30-days/>

Books

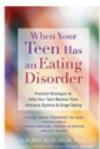
Recovery Guides:



Help Your Teenager
Beat an Eating Disorder
by Lock & Le Grange



How to Nourish Your Child Through an Eating Disorder: A Simple, Plate-by-Plate Approach to Rebuilding a Healthy Relationship with Food
by Casey Crosbie and Wendy Sterling



When Your Teen has an
Eating Disorder
by Lauren Muhlheim



Anorexia and other
eating disorders
by Eva Musby

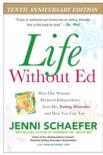


Skill-based Caring for a Loved
One with an Eating Disorder
by J. Treasure, G. Smith and
A. Crane



ARFID Avoidant Restrictive Food
Intake Disorder
by Rachel Bryant-Waugh

Personal Accounts:



Life Without ED
by Jenni Schaefer



Brave Girl Eating: A Family's
Struggle with Anorexia
by Harriet Brown



My Kid is back:
Empowering parents to
beat Anorexia Nervosa
by June Alexander &
Daniel Le Grange



Sick Enough: A Guide to
the Medical Complications
of Eating Disorders and
Undernutrition
by Jennifer Gaudiani, MD

Video Resources

Eating Disorders Meal Support: Helpful Approaches for Families by the Provincial Specialized ED Program: <https://www.youtube.com/watch?v=pPSLdUUITWE>

Modelling Support by Janet Treasure: <https://www.youtube.com/watch?v=5jHXcUeOgTk>

Video and Audio resources by Eva Musby: <https://anorexiafamily.com/videos-eating-disorder-anxiety-child/?v=7516fd43adaa>

Virtual Multidisciplinary Outpatient Care (Youth and Young Adults)

Equip Health

<https://equip.health/>

In many communities, other therapy resources (e.g., therapists in private or group practice) are also available. **For assistance locating additional ED resources, including therapists and groups in your area, call APAL's Resource Line for free at 888-290-1336, Monday through Friday, 8:30 a.m. to 4:30 p.m.**

Resources in this handout are shared to support families and are not intended to be comprehensive. Additional helpful services may be available beyond those listed here. To discuss the resources listed here and get additional options, please call us at 888-290-1336.

APAL does not receive compensation for listing specific resources. Inclusion does not imply endorsement or recommendation. All resources are independent, and availability and services may change over time. Users are encouraged to use their judgment and consult appropriate professionals when selecting resources.



Adapted with sincere thanks to Cal-MAP

https://cal-map.org/s/resources/family-resources/eating-disorders?language=en_US#handouts