

Resources

KELTY RESOURCES CENTRE

A provincial resource centre working to link children, youth and their families with appropriate resources in all areas of mental health and addictions. In addition, the centre also serves the resource needs of those struggling with an eating disorder.

Tel: **604-875-2084**

Toll free: **1-800-665-1822**

Website: www.keltymentalhealth.ca

Email: Keltycentre@bcmhs.bc.ca

JESSIE'S LEGACY

Family Services of the North Shore

A program which provides eating disorders prevention, education, resources and support for BC youth, families, educators and professionals.

Tel: **604-988-5281**

Website: www.familyservices.bc.ca

Email: jessieslegacy@familyservices.bc.ca

EATING DISORDER SUPPORT GROUP FOR PARENTS/PARTNERS AND CAREGIVERS

Family Services of the North Shore

This is a support group for parents, partners and caregivers who deal with the challenges and struggles of having family member with an eating disorder. The group meets every 2nd and 4th Monday (except holidays). No cost to attend.

Tel: **604-988-5281 ext. 202**

Toll free: **1-888-988-5281**

Website: www.familyservices.bc.ca

BC CHILDREN'S HOSPITAL Provincial Specialized Eating Disorder Program

Referrals required from a medical source.

Tel: **604-875-2010**

Email: www.bcchildrens.ca

ST. PAUL'S HOSPITAL

Eating Disorders Program for Adults

Tel: **604-806-8347**

Website: www.providencehealthcare.org

WOODSTONE RESIDENCE

The Looking Glass Foundation

Provides multi-disciplinary specialized residential care for young people (aged 17-24) suffering from Anorexia Nervosa, Bulimia Nervosa or eating disorders not otherwise specified.

Tel: **1-250-539-2633**

Email: info@woodstoneresidence.org

For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. **BB.505.B47**

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www.vch.ca





Before reading any further, ask yourself these questions:

Do you worry about your weight?

Do you think you are fat when others say you are too thin?

Do you worry that you have lost control over how much you eat?

Would you say that food dominates your life?

Do you feel guilty after eating?

If you answered "YES" to any of them, you may want to contact the **be real clinic**.

The **be real clinic** for disordered eating is for youth between 11 and 19 years of age who live on the North Shore, Bowen Island, Sunshine Coast, Powell River or Sea to Sky area.

The **be real clinic** operates by appointment out of the **be real program**, located at 148 East 15th Street, North Vancouver.

A referral must be made prior to coming in. You may refer yourself, or a parent/guardian, counsellor, doctor, or someone you trust may refer you.

To make a referral, please call the referral line and a clerk will take your information. When an appointment time is available you will be contacted to set up your first visit.

604-984-3777

At the clinic, you will be able to talk confidentially with a counsellor, a specialist pediatrician and a dietitian.

They will determine with you an appropriate treatment plan which may include outpatient clinic or the **be real day treatment program**.

For more information on health services for youth, please contact a Child & Youth Public Health Nurse at **604-983-6700**.

For answers to general or medical nutrition questions, please contact HealthLink BC @ **811** and ask to speak to a dietitian.