

Help for eating disorders in the Montreal area

- *Montreal Children's Hospital (Psychiatry): 514-412-4449*
***Referral needed** (call your local CLSC first. Dial 811 to find your local CLSC)
- *McGill University Eating Disorders Program: 514-398-6019*
- *ANEB (Quebec Association for Persons Suffering from Anorexia and Bulimia): 514-630-0907*
- *BACA Eating Disorders Clinic (Private): 514-544-2323*
- *St. Justine Hospital - Psychiatry: 514-345-4695*

GETTING HELP

If you or someone you know shows signs of an eating disorder then it is important to get help. With **time, hard work, and professional help** that addresses both physical and emotional aspects of the eating disorder, recovery is possible. It is important to **talk with an adult whom you trust**: a parent, guidance counselor, social worker, coach, or teacher. You can also visit a family doctor or a local CLSC and explain what you are experiencing.

To Learn More

Websites

- www.amiquebec.org/eating-disorders/
Resources for eating disorders
- www.cmha.ca/mental_health/facts-about-eating-disorders/
Information on eating disorders
- http://kidshealth.org/teen/food_fitness/problems/eat_disorder.html
Eating disorders in adolescents
- <http://www.nimh.nih.gov/health/publications/eating-disorders/>
Types of eating disorders

AMI-Québec has many programs to help families and people suffering from mental illness. If you recognize yourself or someone you care about in this pamphlet, please contact us and we will direct you to an appropriate resource.

(514) 486-1448

www.amiquebec.org

outreach@amiquebec.org

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EATING DISORDERS



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What started out as an innocent diet resulted in Linda spending the better half of her teenage years declining social invitations, being anxious and depressed, not being able to focus in school and her anorexia became the solution to everything. The fact that home was a very tense environment didn't help either.

Linda has spent the last 11 years in and out of hospitals, treatment programs and therapy sessions. She has accomplished a lot personally, educationally, and professionally speaking, but it was a struggle every step of the way.

In recent years things have greatly improved and thankfully she has learned to cope and manage in more effective ways. The good days tend to outnumber the bad but unfortunately there is still a long way to go. Linda said that the one regret in her life is that she didn't get help sooner.

EATING DISORDERS

Eating disorders are extreme beliefs, attitudes, and behaviours involving food and weight. **Causes** may include:

- **Individual factors** (gender, genetics, biology, puberty body dissatisfaction, personality traits)
- **Familial factors** (problematic family relations, unspoken issues, importance placed on appearance, pressure to perform, avoidance of conflict, concern for others' opinion)

- **Environmental factors** (stressful or traumatic events, death, family conflict, sexual or physical abuse, transition from high school to college, lack of peer support)
- **Socio-cultural factors** (unrealistic beauty ideal, social pressure, prejudice against obesity)

The origins of eating disorders are complex, there is no single cause.

Teenage girls and women are most at risk of developing an eating disorder. However, teenage boys and men are increasingly at risk. There are three main eating disorders (anorexia nervosa, bulimia nervosa, and binge eating disorder) that share common **warning signs:**

- Feelings of anxiety
- Obsessing about weight and food
- Loss of control
- Compulsive behaviors: reading food labels, weighing self, etc.

ANOREXIA NERVOSA

Anorexia is a fear of gaining weight and is diagnosed when patients lose at least 15% of their weight in a short period of time. People with anorexia don't maintain a normal weight because they refuse to eat enough, and sometimes use laxatives or force themselves to vomit. Over time they develop symptoms of starvation. Listed below are **warning signs** of anorexia:

- Dramatic weight loss in short period
- Continues to diet though extremely thin
- Reaches a diet goal and immediately sets another goal for more weight loss

- Dissatisfied with appearance
- Exercises obsessively
- Feelings of worthless, depression, and hopeless

BULIMIA NERVOSA

Individuals suffering from bulimia have severe eating binges followed by purging. It is a battle between wanting to lose weight but having an overwhelming need to eat extremely large quantities of food. People often don't know when a family member or friend has bulimia because victims binge behind closed doors and they often don't lose significant amounts of weight. Bulimia can cause tooth decay, kidney problems and dehydration. Listed below are **warning signs** of bulimia:

- Eating a lot of food over a short period of time and then vomiting
- Dieting and exercising often but maintaining or regaining weight
- Disappearing into the bathroom for long periods of time
- Showing symptoms of depression

BINGE EATING DISORDER (BED)

Individuals suffering from binge eating disorder eat excessive amounts of food until they feel extremely uncomfortable. As a result, they gain a lot of weight uncontrollably. **Warning signs** of BED:

- Lack of control when eating
- Eating in secret
- Eating to the point of feeling sick
- Eating to escape worries or stress
- Feelings of shame after eating