

NIED

NATIONAL INITIATIVE FOR
EATING DISORDERS

www.nied.ca

Education. Understanding. Action.

Caring for Caregivers

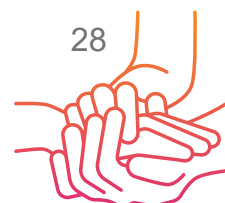
*Resources to support
caregivers' well-being*



*The development of this guide was supported
by funding from Eating Disorders Nova Scotia*

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Caring for Caregivers

Caregivers/families/friends play a crucial role and are vital partners throughout the treatment, recovery, and healing journeys of individuals living with an eating disorder.

However, being a caregiver to a loved one with an eating disorder, while vital, is psychologically, physiologically, interpersonally, and financially straining.¹ The stress and strain of being a caregiver can lead caregivers to struggle with their own mental health and well-being.

Some areas caregivers have reported as having an impact on their mental health include:²⁻⁴

- The home environment
- The time-consuming nature of the eating disorder
- The length of the illness
- The loss of social connection
- Increased vigilance and worry towards their loved one
- Strained relationships, such as with a spouse
- Impacts of the eating disorder on other children/siblings of the person with the eating disorder
- Stigma

Caregivers often feel 'caught off guard' by the initial diagnosis of an eating disorder, and this is further complicated by the challenges associated with gaining access to appropriate and multidisciplinary care.⁵

Long wait times for treatment, the cost of treatment, the need to take time off work, the geographical location of treatment, and so much more increase the stress of parents and caregivers when navigating the eating disorder and recovery.

All of this compounding stress, worry, and uncertainty can lead to strain and burnout. Thus, it is crucial that caregivers be supported in their journeys.

When caregivers are better supported, feel equipped to handle struggles, have positive coping strategies, and take care of their own mental health they are better able to care for their loved ones.



Caring for Caregivers

Sadly, caregivers experience insufficient support and/ or several barriers to accessing support to meet the unique needs and stressors related to caring for an individual with an eating disorder and navigating the treatment process.

We want to acknowledge that barriers exist and give these barriers a name to recognize and support that these are very real experiences that caregivers face. Some common barriers to caregivers seeking and accessing support for themselves include:⁶

- Lack of awareness that services are available for caregivers or families, as well as how to access them.
- Overlooking one's own needs, considering them to be of low priority.
- Lack of time due to holding multiple roles and responsibilities.
- Fear of stigma attached to help-seeking.
- Insufficient resources and options available to caregivers for support, especially those caring for individuals with mental health concerns.
- The organization of the healthcare system, resulting in minimal attention being paid to the needs of caregivers.
- The cost of psychotherapy for oneself may be prohibitive.

NIED acknowledges that it is an incredibly difficult process to care for a loved one, as well as to seek care for yourself due to many of the above barriers, as well as others.

We also recognize that caregivers need knowledge of and access to supports, resources, and other options that can support caregivers to access necessary information, learn skills regarding care provision, develop coping skills, increase their social support, manage their own mental health, and more.

To support caregivers, such as yourself, we have created this resource guide to connect you with various organizations across Canada that you may turn to for various modes of support.

Some resources are eating disorder-specific and others are more general. Please also note that some support groups may only run seasonally and therefore, may not be immediately available.



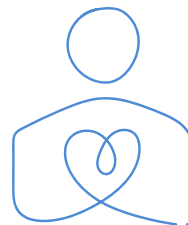
Caring for Caregivers

Taking Care of Yourself: Self-care, Social Support, and Professional Support ⁷

While engaging in self-care can be challenging, it is an incredibly important activity for caregivers to engage. When you take care of yourself and fulfill your needs, you are better able to support the person you are caring for, rather than pouring from an empty cup.

Self-care refers to anything that brings you a sense of comfort, connection, peace, and/or fulfillment. Examples of activities include:

- Exercise – going for a walk, yoga, etc.
- Reading
- Music
- Engaging in a hobby
- Spending time with friends.



Social support involves connecting with others. This may involve connecting with friends or family or getting involved in a peer support group.

As a caregiver, one of the best things you can do is expand your social network to reduce feelings of loneliness, hopelessness, and stress, and increase your sense of connection, support, and fulfillment.

Professional support: Sometimes self-care or social support is not enough. Caregivers are at risk of developing their own mental health issues and may themselves benefit from working with professional support, such as a therapist.

Some of the following resources can support you to find professional support for your own mental health if needed.



Eating Disorder Specific Resources

National

National Eating Disorder Information Centre (NEDIC)

NEDIC is a bridge between community and professional care for people affected by eating disorders in Canada. They offer information, resources, referrals, and support through their toll-free helpline and live chat platform.

NEDIC serves individuals living with an eating disorder as well as those who care for them, including family members, friends, and healthcare providers. They also offer a search tool to find a provider near you. For more information, please visit: <https://nedic.ca/about/>

Toll-free: 1-866-633-4220

Toronto: 416-340-4156

Email: nedic@uhn.ca

Eating Disorders Nova Scotia

Eating Disorders Nova Scotia is a community-based, charitable organization providing several peer support groups and workshops to individuals 14+ across Canada.

A Peer Support Group for Family and Friends is available to anyone living in Canada. Visit their website for more information or to register for the group: <https://eatingdisordersns.ca/>

Eating Disorder Parent Support Group

The Eating Disorder Parents Support Group is a closed Facebook support group for parents of individuals living with eating disorders. The goal of the group is to be positive and encourage, to provide critical resources and support to help you and your loved one navigate path to recovery, and to be a lifeline that allows you to breathe.

To request to join, please visit:

<https://www.facebook.com/groups/eatingdisorderparentsupportgroupcanada>



Eating Disorder Specific Resources

British Columbia

Jessie's Legacy

Jessie's Legacy, a program of Family Services of the North Shore, provides eating disorders prevention education, resources and support for BC youth, families, educators, and professionals. Resources such as information, webinars, toolkits, and other strategies for youth, adults, parents/caregivers, and educators can be accessed.

For more information, please visit: <https://jessieslegacy.com/resources-and-information/>

Email: jessieslegacy@familyservices.bc.ca
Phone: 604-988-5281

BC Children's Kelty Centre – Eating Disorders

The BC Children's Kelty Centre eating disorder website offers those living with eating disorders and their families/caregivers resources and information for all stages of the recovery journey.

Through BC Children's Kelty Mental Health Resource Centre, parents/caregivers of children and youth up to age 24, can access trained Parent Peer Support. This is offered through a collaboration with FamilySmart, a provincial organization of trained families who have experience in child and youth mental health. Parent Peer Support workers can offer personalized peer support, support healthcare navigation, and provide access to information and resources in BC.

For more information, please visit:
<https://keltymentalhealth.ca/info/peer-support-families>

Phone: [604-875-2084](tel:604-875-2084)
Toll-free from anywhere in BC: [1-800-665-1822](tel:1-800-665-1822)
Email: keltycentre@cw.bc.ca



Eating Disorder Specific Resources

British Columbia

Vancouver Island Voices for Eating Disorders (VIVED)

VIVED is a grassroots organization committed to advocating for action to improve the lives of individuals and families impacted by disordered eating and eating disorders.

They offer a list of resources and treatment services for people living with EDs and caregivers. For more information, please visit:

<https://vancouverislandvoicesforeatingdisorders.com/resources-treatment-options>

Email: vanislevoicesforeds@gmail.com

Alberta

Eating Disorders Support Network of Alberta (EDSNA)

EDSNA is a non-profit organization and a registered charity dedicated to providing meaningful support to those directly and indirectly affected by eating disorders. Professionally-facilitated support groups for those living with EDs and caregivers are offered to people 18+. Lists of resources, healthcare providers and other tools are available.

Online drop-in support groups for caregivers are available. For more information, please visit: <https://edsna.ca/find-support/>

Email: info@edsna.ca

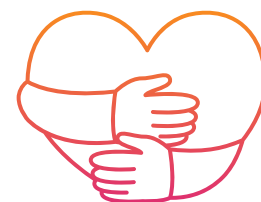
Silver Linings

Calgary Silver Linings Foundation bridges gaps in accessibility and care of EDs in Alberta. They offer support groups for teens (12-17), adults, and caregivers/loved ones, as well as provide a library of video resources. For more information, please visit:

<https://www.silverliningsfoundation.ca/>

Phone: 404-536-4025

Email: hello@silverliningsfoundation.ca



Eating Disorder Specific Resources

Saskatchewan

BridgePoint Center for Eating Disorder Recovery

BridgePoint Center for ED Recovery is a provincial resource providing recovery-based programming for people who are experiencing disordered eating. They operate in partnership with the Saskatchewan Health Authority as a community-based organization as part of the continuum of care of healthcare in the province.

BridgePoint also offers a Family Caregiver Program that is rooted in Emotion-Focused Family Therapy, as well as outreach and education services. For more information, please visit:

<http://www.bridgepointcenter.ca/programs>

Phone: 306-935-2240

Email: bridgepoint@sasktel.net

Manitoba

Women's Health Clinic

The Women's Health Clinic Provincial ED Prevention and Recovery Program is a community-based program serving all genders: women, men, trans, and non-binary people. Services include assessment and treatment for AN, BN, BED, and other types of disordered eating.

Support for family and friends of those with eating disorders is available. For more information, please visit:

<https://womenshealthclinic.org/services/eating-disorder-treatment-0>



Eating Disorder Specific Resources

Ontario

Danielle's Place

Danielle's Place, a part of Reach Out Centre for Kids (ROCK) in Halton Region provides prevention and early intervention programming for youth aged 8-17 struggling with disordered eating. Services and support groups are also offered for their families/caregivers.

Through ROCK, families/caregivers can access an Emotion-Focused Family Therapy Caregiver Group. For more information, please visit: <https://rockonline.ca/group/>

Peer support services for caregivers are also available. For more information, please visit: <https://rockonline.ca/individualizedmentalhealth/>

Hopewell Eating Disorders Support Centre

Hopewell Eating Disorders Support Centre provides support groups and art therapy programs to those 17+ who have been affected by eating disorders and disordered eating.

Caregivers/families can access an 8-week Friends & Family Support Group offered by Anchor Psychological Services for a fee. Groups are run seasonally and are closed once registration is full. For more information, please visit: <https://hopewell.ca/programs-offered>

Phone: 613-241-3428
Email: programs@hopewell.ca



Eating Disorder Specific Resources

Ontario

Sheena's Place

Sheena's Place is a community-based organization located in Toronto. They offer free group-based support for individuals 17+ living eating disorders, as well as to families and friends affected. These groups and services are professionally facilitated.

A drop-in Family, Friends, and Partner Support group runs seasonally. For more information, please visit: <https://sheenasplace.org/>

They also offer webinars and other information. For more access to webinars, please visit: <https://sheenasplace1.wordpress.com/outreach-education/>

Phone: 416-927-8900
Email: info@sheenasplace.org

Quebec

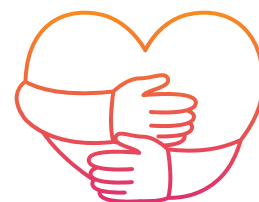
Anorexia and Bulimia Quebec (ANEB)

ANEB is a non-profit organization based on Pointe-Claire, Montreal that provides support to individuals aged 13+ with EDs, as well as their loved ones. Services are available in both English and French.

Open and closed support groups are available, as are an online chat support group, a forum, a help and referral line, and individual text and chat line.

An Open and Closed Family and Caregivers Support Group is available.

For more information, please visit:
<https://anebquebec.com/en/services/groupe-de-soutien-ouverts/groupe-pour-proches>



Eating Disorder Specific Resources

Quebec

Maison L'Elaircie

Maison L'Elaircie is a community organization providing services to people living with anorexia or bulimia, aged 14+, and their loved ones, in the Capitale-Nationale and Chaudiere-Appalaches areas. All services are only available in French.

They offer telephone counselling (not exclusive to Quebec), as well as services in individual and group formats for people with eating disorders. Additional services, information sessions, training, and conferences are available for professionals, educators, and other stakeholders.

Support groups are available for loved ones to provide information on eating disorders and support helping attitudes. These meetings are offered by appointment and up to 3 or 4 meetings can be accessed for the same loved one. For more information, please visit:

<https://www.maisoneclaircie.qc.ca/services.html>

Training for loved ones is also available here:

<https://lms.workleap.com/maison-leclaircie/a/course/31951/description>

Nova Scotia

Eating Disorders Nova Scotia

Eating Disorders Nova Scotia is a community-based, charitable organization providing several peer support groups and workshops to individuals 14+ across Canada. They also engage in community education and advocacy initiatives. Clinical services are available to Atlantic Canadian residents.

A Peer Support Group for Family and Friends is available to anyone living in Canada. For more information or to register for the group, please visit: <https://eatingdisordersns.ca/>



Eating Disorder Specific Resources

Newfoundland and Labrador

Eating Disorder Foundation of Newfoundland and Labrador (EDFNL)

EDFNL is a leadership advocacy group dedicated to promoting research and providing public support services and information about matters related to eating disorders, including information on available treatment services for individuals and families who experience disordered eating.

Several programs are available to professionals and families/loved ones (including parents and siblings). A resource centre is also available for additional information. For more information, please visit: <https://www.edfnl.ca/programs>

Email: info@edfnl.ca
Phone: 709-722-0500
Toll-free: 1-855-722-0500

Eating Disorder Services not Directly Serving Caregivers

Arrimage Estrie (Quebec)

<https://arrimageestrie.com/>

Bulimia Anorexia Nervosa Association (BANA) (Ontario)

<https://bana.ca/>

Body Brave (Ontario)

<https://www.bodybrave.ca/services>



Eating Disorder Specific Resources

Global/International

F.E.A.S.T.

F.E.A.S.T. is a global support and education community of, and for parents of those with eating disorders.

They are dedicated to serving and supporting caregivers of people with eating disorders. They offer support groups, family guides, online forums, and other information to parents, families, and siblings.

For more information on support groups, please visit:

<https://www.feast-ed.org/feast-anad-online-support-groups/>

Email: info@feast-ed.org

Phone: 1-855-503-3278

International Eating Disorders Family Support (IEDFS)

IEDFS is a co-ed, peer-to-peer, experienced, and EDucated support community on Facebook. The group is carefully screened and moderated by an international collective of parents and other caregivers to encourage, empower, and educate those caring for a loved one with an eating disorder.

To join the Facebook group, please visit:

<https://www.facebook.com/groups/International.Eating.Disorder.Family.Support.IEDFS>

The Dirty Laundry Project

The Dirty Laundry Project is an international Facebook group for families/caregivers of people with eating disorders. Members are encouraged to share their experiences and struggles navigating the world of eating disorders.

To join the Facebook group, please visit:

https://www.facebook.com/Dirtylaundryproject/about_details



General/Mental Health Caregiver Resources

National

Canadian Centre for Caregiving Excellence (CCCE)

The Canadian Centre for Caregiving Excellence supports and empowers caregivers and care providers, advances knowledge and capacity of the caregiving field, and advocates for effective and visionary social policy, with a disability-informed approach.

They offer programs and supports for caregivers and care providers. They also offer policy and research information. For more information, please visit: <https://canadiancaregiving.org/>

Siblings Canada: an initiative of the CCCE that raises awareness of the role siblings play in systems of care. See the Siblings Learning Hub for a collection of free resources that support siblings:
<https://canadiancaregiving.org/siblingscanada/>

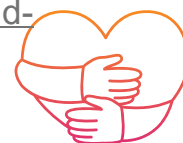
Canadian Mental Health Association (CMHA)

CMHA is a well-established community mental health organization operating across Canada. They have 1 national office, 11 provincial/territorial divisions, and 70 local branches/regions in over 330 communities. At the national level, CMHA pushes for nationwide system and policy change. At the local/community level, CMHA branches offer a range of programs, services, supports, and expertise, and work in several priority mental health areas.

CMHA offers BounceBack, a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress, or worry. For more information, please visit: <https://cmha.ca/bounce-back/>

CMHA also offers resources for mental health support. To access resources, please visit: <https://cmha.ca/find-info/mental-health/>

CMHA provides a list of online mental health courses available across the country. For more information, please visit: <https://cmha.ca/find-info/mental-health/online-mental-health-courses/>



General/Mental Health Caregiver Resources

National

CareChannel

CareChannel is an online portal with free resources for family and community caregivers to help them on their caregiving journeys.

They offer 100+ resource videos and 60+ care guides for several topics related to caregiving. Resources are available in 5 languages. For more information, please visit: <https://carechannel.elizz.com/>

Carers Canada

Carers Canada is a national coalition dedicated to increasing recognition and support for caregivers. Through collaborative engagement, members work to build awareness and recognition of the role of caregivers and the challenges they face. Carers Canada leads federal advocacy initiatives and national awareness campaigns.

To see what is happening regarding advocacy for caregivers at the national level, please visit: <https://www.carerscanada.ca/>

Mental Health Commission of Canada (MHCC)

MHCC is a national not-for-profit corporation and a registered charity. They offer accessible training programs and support mental health in communities and workplaces and lead research and program initiatives that emphasize people-centred values such as lived and living experience.

For access to caregiving resources, please visit:
<https://mentalhealthcommission.ca/what-we-do/caregiving/>

For access to various mental health related resources, please visit
<https://mentalhealthcommission.ca/resources/>



General/Mental Health Caregiver Resources

National

Institute for Advancement in Mental Health

The Canadian Institute for Advancements in Mental Health (IAM) is a connector, collaborator, thought leader, and solution-driven organization, supporting, innovating, and driving change for better mental health.

Support and information resources are available to all those directly and indirectly affected by mental health concerns.

Family and Caregivers can access:

- One-to-one support through a support line staffed by a team of mental health counsellors.
- Strengthening Families Together, a 4 session family education group.
- Caregiver Education Sessions, covering topical challenges and issues faced by caregivers of someone with a mental illness.
- CBT-p for caregivers, a workshop for caregivers informed by CBT that provides practical tools aimed to reduce feelings of anxiety and depression in caregivers, build greater resiliency, and increase capacity to provide care.

For more information, please visit: <https://www.iamentalhealth.ca/Find-Support/Families-Caregivers>



General/Mental Health Caregiver Resources

British Columbia

Canadian Mental Health Association (CMHA) – Vernon & District

CMHA, Vernon & District offers family support services to those with a family member with a mental illness. These services are free of charge. They offer one-to-one support, a support group, and other resources. For more information, please visit: <https://cmhavernon.ca/family-support-services/>

Family Caregivers of BC

Family Caregivers of BC (FCBC) is a not-for-profit registered charity that supports caregivers in BC by providing access to information, education, and support that enable caregivers to feel more confident and successful in their role. They provide leadership to strengthen the voice of family caregivers and the significance of their role.

FCBC provides direct support through one-on-one emotional support, caregiver support groups, health care system navigation resources, and free information.

Education resources in the form of free webinars, workshops, and caregiver support group facilitator training are available for caregivers and health care providers. For more information, please visit: <https://www.familycaregiversbc.ca/caregiver-learning-center>

Family Smart – Together Centred (BC and Alberta)

Family Smart supports the families/caregivers of children and youth with mental health struggles. They provide practical help, service navigation, and peer support to families and caring adults to build their connection, knowledge, and capacity to better support their kids' mental health. Families and caregivers in BC and Alberta can access peer support services.

For more information on support resources for families, please visit: <https://familysmart.ca/about/>



General/Mental Health Caregiver Resources

British Columbia

Mood Disorders Association of British Columbia (MDABC)

MDABC is a nonprofit organization that provides treatment, support, education, and hope for recovery for people living with mood disorders.

If your loved one has comorbid mental health struggles, or if you are struggling with extended mental health concerns, MDABC may offer some additional resources for support, such as educational materials and peer support groups.

For more information on mental health support groups, please visit:
<https://mdabc.net/resources/mdabc-support-groups/>

For more information on family resources, please visit:
<https://mdabc.net/resources/family-resources/>

Spotlight on Mental Health

Spotlight on Mental Health is a peer-run resource website for people with lived/living experiences of mental health and/or substance use challenges, as well as their friends, families, and supporters.

A drop-in group, the Family Connections Support, is available for families/supporters of people with mental health/substance difficulties.

For more information, please visit:
<https://spotlightonmentalhealth.com/family-involvement/family-connections-support-group/>

To access their resource centre, please visit:
<https://spotlightonmentalhealth.com/resources/>



General/Mental Health Caregiver Resources

Alberta

Caregivers Alberta

Caregivers Alberta strives to empower caregivers and promote their well-being by providing resources, mental health support, and education for Albertans caring for family members or friends.

They offer Caregiver Coaching, Caregiver Support Community, educational workshops, resources, COMPASS for caregivers, and other resources.

For more information, please visit <https://www.caregiversalberta.ca/>

Saskatchewan

Canadian Mental Health Association (CMHA) – Saskatchewan Division

The CMHA – Saskatchewan Division offers the Caregiver Affected Recovery Education (C.A.R.E.) Program. It is designed to offer support and education to anyone who provides services and assistance to vulnerable individuals.

In addition, they offer several other programs and resources that can be accessed to support general mental health.

For more information, please visit <https://sk.cmha.ca/programs-services/>



General/Mental Health Caregiver Resources

Manitoba

Mood Disorders Association of Manitoba (MDAM)

MDAM is a not-for-profit, self-help organization dedicated to providing support, education, and advocacy for those living with mental health illnesses through peer support and other services. A Friends and Family Support Group is available. Resources are also available. For more information, please visit: <https://moodmb.ca/peer-support/>

Ontario

Canadian Mental Health Association (CMHA)

Visit the National CMHA website to search for a CMHA office in your region to discover various groups, supports, and educational information that can support your mental health as a caregiver.

To find your local CMHA, please visit: <https://cmha.ca/find-help/find-cmha-in-your-area/>

Family Care Centre

The Family Care Centre by Parents for Children's Mental Health (PCMH) and Children's Mental Health Ontario (CMHO) is a resource hub for parents and caregivers whose children have mental health challenges. They are dedicated to improving the lives of families through support, education, and empowerment.

To support families with children struggling with mental illness, PCMH has a network of chapters across Ontario run by volunteers with lived experience who provide peer support.

To find a peer support group/chapter near you and upcoming webinars, please visit: <https://www.family.cmho.org/find-a-peer-support-chapter/>

For more resources, please visit:
<https://www.family.cmho.org/resources/>



General/Mental Health Caregiver Resources

Ontario

Hong Fook Mental Health Association

Hong Fook Mental Health Association is an ethno-cultural community mental health agency service serving Asian and other communities in the GTA. They offer services to individuals with mental illness and their families. They offer a Family Support Program which includes programs and activities for caregivers. Additionally, they provide Youth and Family Services, which includes support groups for youth, support for parents, and brief counselling services for youth. For more information, please visit: <https://hongfook.ca/association/resources/>

Mood Disorders Association of Ontario

MDAO offers support for individuals affected by mood disorders and their families through the provision of high quality supports, programs, and education.

MDAO offers a comprehensive support program for family members who are experiencing the complex challenges associated with providing and receiving care to those living with mood disorders and/or addictions. Clinical support services, recovery programs, peer support groups, and educational resources are available.

This service may be beneficial in cases where your loved one with an ED has comorbid mental health struggles.

For more information, please visit:
<https://mooddisorders.ca/program/family-matters-peer-support-and-recovery-program>



General/Mental Health Caregiver Resources

Ontario

Ontario Family Caregivers Advisory Network (OFCAN)

OFCAN is a not-for-profit organization operated by volunteers. They connect groups in Ontario that support family caregivers of people with mental health and substance use disorders. OFCAN helps the members of these groups connect and empowers them through a united voice.

They offer various topical resources, including a set of informative resources for caregivers. For more information, please visit <https://ofcan.org/caregivers/>

PLEO

PLEO was created by parents, for parents. They offer support for families with children up to age 25 facing mental health challenges through the provision of family peer support, a parents' helpline, and information.

Parents' Helpline: Answered Monday to Friday from 9am to 7pm EST.

Parent Support Groups: Run by Family Peer Supports, these small groups allow parents to connect and support one another by sharing experiences and knowledge of service and resources. Visit, <https://www.pleo.on.ca/where-to-find-us/> to find a group in your area.

One-on-One Mobile Service: For those who need more intensive support and guidance, Family Peer Supports meet with parents in their community, one-on-one. These meetings typically occur over eight weeks.

For more information, please visit <https://www.pleo.on.ca/how-we-help/> or call 613-321-2111



General/Mental Health Caregiver Resources

Ontario

Reconnect Community Health Services

Reconnect Community Health Services is a not-for-profit health service organization in the west end of Toronto. They provide supports for seniors, caregivers, and people living with mental health and addictions concerns. They offer a wide range of programs serving youth, adults, and seniors.

Reconnect's FAME Family and Caregiver Support Services offers supports to people acting as a caregiver for someone experiencing a mental health concern and for those who are caring for someone who is aging. Services include peer support groups, one-to-one counselling, and specialized programming for children and youth. For more information, please visit: <https://www.reconnect.on.ca/fame>

Rainbow Caregivers Network

Rainbow Caregivers Network provides peer support for people who care for individuals who identify as belonging to the LGBTQ+ community. For more information please visit: <http://www.transforumquinte.ca/rcn/>

Rideauwood Addiction and Family Services

Rideauwood is a community leader and a specialist in substance use, behavioural addictions, and mental health issues. They provide over 15 programs for clients including youth and young adults, adults, families, parents, and support persons.

Rideauwood offers a unique program that helps families, parents and support persons. Participants and clients learn about the factors of substance use, behavioural addiction and related mental health issues that are at play in their lives. They also learn about how they can reduce the impact of these factors. Counsellors support and empower clients in finding solutions that will work for clients' particular situations. As a result, clients not only help themselves, but also the ones they love. For more information, please visit:

<https://www.rideauwood.org/programs/parents-and-families/>



General/Mental Health Caregiver Resources

Ontario

The Ontario Caregiver Organization (OCO)

The OCO exists to support caregivers in Ontario. They support caregivers by being their one point of access to information. Caregivers can access a 24/7 helpline, peer support, webinars, psychoeducation, individual counselling, group counseling, coaching, as well as educational resources and toolkits, employment-related resources, and a podcast. Caregiver resources specific to the Black, Indigenous, and 2SLGBTQIA+ communities are also available. For more information, please visit: <https://ontariocaregiver.ca/for-caregivers/>

Ontario Caregiver Helpline: 1-833-416-2273

Email: info@ontariocaregiver.ca

The Mental Health Network of Chatham-Kent

The Mental Health Network of Chatham-Kent is a non-profit charitable organization that provides resources for education, information, support, and hope for those affected by mental illness, including families.

For more information, please visit: <https://mhnck.com/family-services/>



General/Mental Health Caregiver Resources

Quebec

AMI Quebec

AMI-Quebec offers a wide menu of programs and activities to help individuals cope better with the challenges of mental illness in their family. Some programs are for family caregivers only, while others are mixed and welcome both caregivers and individuals with lived experience of mental illness. They have many programs to help families cope with the mental illness of a loved one, including support groups (one for family members only), workshops, or appointments with a counsellor (for family members only). The programs are available across Quebec (via telephone or internet), and the office is in Montreal.

For more information, please visit: <https://amiquebec.org/programs/> OR <https://amiquebec.org/family-support/>

Biblio-Sante

Biblio-Sante is an information service for health system users and caregivers coordinated by the Quebec Public Library Association. Some relevant resources include:

- Caregivers thematic booklet ---
https://bibliosante.ca/en/cahier_proches_aidants.php
- Mental health thematic booklet --
https://bibliosante.ca/en/cahier_sante_mentale.php

Prince Edward Island

Canadian Mental Health Association (CMHA) – Prince Edward Island (PEI)

CMHA-PEI is dedicated to facilitating access to resources people need to maintain and improve mental health and community integration, build resilience, and support mental health recovery. They provide programs, education and information, research, advocacy, and social policy development. For more information, please visit:

<https://pei.cmha.ca/our-programs/>



General/Mental Health Caregiver Resources

Nova Scotia

Canadian Mental Health Association (CMHA) - Nova Scotia

CMHA Nova Scotia promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness and mental health challenges.

With their branches in Halifax-Dartmouth, Colchester East-Hants and Southwest Nova, CMHA delivers safe, inclusive evidence-based programs, training and navigation support that helps all Nova Scotians be well and stay well. For more information, please visit: <https://novascotia.cmha.ca/what-we-do/>

Caregivers Nova Scotia

Caregivers Nova Scotia provides free programs, services, information, and advocacy for family and friend caregivers. They are dedicated to providing recognition and practical assistance to friends and family giving care. They also participate in government task forces and working groups to influence public policy to benefit caregivers. For a list of resources, please visit: <https://caregiversns.org/resources/>

Newfoundland and Labrador

Canadian Mental Health Association (CMHA) – Newfoundland & Labrador (NL)

CMHA-NL aims to facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness. CMHA-NL offers various services, education, and resources that can be accessed by people living with mental illness, families, and other supports. For more information, please visit: <https://nl.cmha.ca/education/>



General/Mental Health Caregiver Resources

New Brunswick

Canadian Mental Health Association (CMHA) – New Brunswick

CMHA of New Brunswick helps people access the community resources they need to build resilience and support recovery from mental illness. CMHA of New Brunswick offers a variety of services and programs that are accessible to both the public and other support organizations. Services and programs are available for people with lived experiences and family members. To explore programs and services, please visit: <https://cmhanb.ca/programs-services/>

CMHA of NB also offers a Wellness Hub for additional mental health resources. For more information, please visit: <https://cmhanb.ca/wellness-hub/>

Yukon

Canadian Mental Health Association (CMHA) - Yukon

CMHA-Yukon provides individuals and families/caregivers with access to programs, education, information, and other resources. For more information, please visit: <https://yukon.cmha.ca/what-we-do/>

Yukon – Caregiver Support Groups

The government of Yukon offers a family support group for those caring for someone with a mental illness. For more information, please visit: <https://yukon.ca/en/caregiver-support-group>

Yukon – Resources for Caregivers

The government of Yukon offers a list of resources for caregivers. For more information, please visit: <https://yukon.ca/en/health-and-wellness/care-services/find-resources-caregivers>



General/Mental Health Caregiver Resources

Global/International

National Alliance on Mental Illness (NAMI)

NAMI is a national grassroots mental health organization in the United States dedicated to building better lives for those affected by mental illness.

NAMI offers education and information resources including a NAMI Basics course that can be accessed OnDemand. NAMI also offers the Family-to-Family program (offered in the Fall & Spring, with virtual options available), an 8-week course designed to help family members understand and support their loved one with a mental health condition while maintaining their own well-being. For more information, please visit: <https://www.powerfultoolsforcaregivers.org/caregivers/>

Powerful Tools for Caregivers

Powerful Tools for Caregivers provides caregivers with the skills to take of themselves while caring for someone else. PTC is a six-session class that provides tools to reduce stress; improve self-confidence; management time, set goals, and solve problems; better communicate feeling; make tough decisions; and locate helpful resources.

The Caregiver Helpbook is also available for purchase. For more information, please visit:

<https://www.powerfultoolsforcaregivers.org/caregivers/>



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