

# Richmond Eating Disorders

Our program is a multidisciplinary team approach to supporting those suffering from eating disorders and helping them reach recovery. We offer counselling, nursing, dietitian, and medical support from specialized physicians. We are a referral based treatment option and work closely with family doctors to ensure our clients' safety and wellness.

## Referral Process

- **Our clients require a family physician to send in a referral to our program.**
- Once the referral is received our Central Intake Department screens clients to ensure they are matched to the appropriate team for services.
- If clients are deemed appropriate for eating disorders services they will be added to our waitlist and will be booked in as soon as possible.

## Health & Wellness Resources

- CHIMO Crisis Line: **604-279-7070**
- Richmond Foundry (ages 12-24): **604-674-0550**
  - Mental health and substance use support, physical and sexual health, youth and caregiver counselling, youth peer support, employment support, family peer support.
  - Online resources and Foundry BC app
  - Physical space for youth to connect
  - Educational and skill development groups
- VCH Regional Distress Line: **604-872-3311**
- BC Crisis Center (24/7): **1-800-784-2433**
- Here2Talk: <https://here2talk.ca/>
- Youth Support: <https://www.youthinbc.com/>
- Counsellor directory: <https://counsellingbc.com/counsellors>

## Additional Eating Disorders Resources

- Kelty Mental Health: [www.keltyeatingdisorders.ca](http://www.keltyeatingdisorders.ca)
- Jessie's Legacy: [www.jessieslegacy.com](http://www.jessieslegacy.com)
- Looking Glass: [www.lookingglassbc.com](http://www.lookingglassbc.com)
- National Eating Disorders Information Centre: [www.nedic.ca](http://www.nedic.ca)