



Getting Support for an Eating Disorder

2018-2019

Here at Psychiatric Services, two psychiatrists with specialized expertise offer **Psychiatric Assessments** for eating disorders. They will work with you to create a treatment plan and refer you to appropriate resources on - or off - campus.

If you have a milder eating disorder, a number of services are available on-campus:

- 1) **Individual Short-Term Counselling:** You are eligible for short-term counselling (5-6 visits focused on support). Specialized, individual psychotherapy for eating disorders is only available off-campus.
- 2) **Short-Term Nutritional Counselling** is available with a nutritionist with expertise in eating disorders. You can receive counselling for up to one semester, upon referral by the psychiatrist who assessed you. Nutritional counselling for more severe cases is only available off-campus.
- 3) **McGill Counselling Services** offers a group on healthy body image (approximately 8 sessions). These sessions are geared towards students with mild body image issues or mild eating disorders. However, unless you already undergoing additional treatment or support, these groups are not for students with more serious eating disorders. Check the Counselling Services' website for availability and scheduling of workshops and groups.

On-going monitoring of your medical status (such as blood pressure, pulse, etc.) is only available off-campus.

If you have a moderate to severe eating disorder, there are options for treatment off-campus:

Public resources:

If you are a Québec resident, the **Douglas Institute** (514) 761-6131 ext. 2895 has a comprehensive eating disorders program that is covered by Québec Medicare (RAMQ), serving patients with mild to severe eating disorders. However, the waitlist can be up to one year. You need to be referred by a physician; our psychiatrists can assess you and provide a referral.

Private resources:

The most comprehensive private resource for eating disorders in Montreal is the **BACA Eating Disorder Clinic** (514) 544-2323; <https://cliniquebaca.com/en>. Please be aware that these services are not covered by Quebec or other Canadian public insurance plans and only minimally by the McGill/Blue Cross plan. They have different levels of care for mild to more severe eating disorders (including day treatment).



The insurance plans available through your student society cover varying amounts of individual psychotherapy off-campus. You might have to pay up front and get reimbursed later by the insurance company, depending on how your plan works.

There are a number of private therapists specializing in Eating Disorders:

- Howard Steiger (514) 737-1568 ext. 2895
- Dorita Shemie (514) 761-6131 ext. 3897
- Argyle Institute (514) 931-5629
- Emotional Health CBT Clinic (514) 485-7772
- Theodora Katerelos (514) 402-3880
- Connecte Clinic (514) 507-0745
- Academic Psychology Clinic of University of Montreal (514) 343-7725
- Clinique Change (514) 508-5779

Organizations offering other resources:

Anorexia and Bulimia Québec (ANEB) is a non-profit organization that guarantees free, immediate and specialized help to people with an eating disorder and to their loved ones.

ANEB offers a free and confidential helpline service which provides support to break the isolation, to talk about what you're going through and to address problems related to your disorder. The phone line service is offered every day from 8:00 AM to 3:00 AM at (514) 630-0907.

- Support groups in English are provided in Pointe-Claire
- Support groups in French are provided at Ste-Justine Hospital

The **National Eating Disorder Information Centre** (NEDIC) offers information, resources, referrals, phone support and helpline. The helpline is available Monday to Friday, from 9:00 AM to 9:00 PM, at 1-866-633-4220.