

**Sudbury and Manitoulin, Parry
Sound, and Temiskaming Districts
contact:**

Health Sciences North
Mental Health and Addictions Centre
Regional Eating Disorders Program
127 Cedar Street
Sudbury, ON P3E 1B1
705-523-4988 ext 4221 or
Toll free 1-866-244-4344

As part of our program, the REDP offers
services outside of Sudbury:

Nipissing district contact:

North Bay Regional Health Centre
(705) 494-3050
Web site: www.nbrhc.on.ca

Algoma district contact:

Sault Area Hospital
(705)759-3434
Web Site: www.sah.on.ca

Cochrane district contact:

Timmins and District Hospital,
Outpatient Mental Health Program at
(705) 267-2131
Web Site: www.tadh.com

Privacy and Confidentiality

Your information is kept private as outlined
in the Personal Health Information
Protection Act, 2004 (PHIPA).

If you have any questions, please ask.

Regional Eating Disorder Program

Health Sciences North
Sudbury Mental Health &
Addictions Centre
127 Cedar Street
2nd Floor
Sudbury, ON P3E 1B1

Supported by:



Health Sciences North
Horizon Santé-Nord

127 Cedar Street
Sudbury ON P3E 1B1
705.523.4988
www.hsnsudbury.ca



Health Sciences North
Horizon Santé-Nord

(disponible en français)

What is an eating disorder?

We commonly use the term “Eating Disorder” to refer to the syndromes of anorexia nervosa, bulimia nervosa, and binge eating disorder.

Eating Disorders are serious problems with eating, which affect every part of a person's body and life. An eating disorder may impair one's quality of life and can be harmful to your health. Those living with an eating disorder may experience a combination of thoughts, feelings and behaviours including:

- Intense fear of eating and gaining weight
- Feelings of ineffectiveness
- Low self-esteem
- A drive for perfection
- Feelings of guilt
- Social withdrawal
- Mood instability, depression, irritability
- Preoccupation with food and a need to assert control over food intake and body weight

Can an eating disorder affect my physical health?

Yes! Food restriction, purging and other behaviours deprive the body of necessary nutrients and can seriously affect brain activity, bone composition and all major organ systems causing both immediate and long term damage.

Who provides services at the REDP?

Eating disorders are complicated and therefore those attending the REDP receive services from a multidisciplinary team.

You may meet with service providers from the following disciplines during your treatment with REDP: Nursing, Psychology, Psychiatry, Pediatrics, Social Work and Dietetics.

What services are offered?

The program offers services to children, adolescents and adults suffering from an eating disorder as well as their families.

The assessment process informs the treatment recommendations.

Treatment recommendations may include the following options:

- Medical Monitoring
- Nutritional Counselling
- Family Based Therapy
- Individual Therapy
- Group Therapy
- Psychoeducation
- Referral to other mental health program if indicated

Importance of family involvement

Recovery is most likely to occur through the active involvement of family members and carers.

The Regional Eating Disorder Program strongly encourages parents, partners and carers to participate in treatment. However, it is important to recognize how difficult it is for clients suffering from an eating disorder to accept help from loved ones because of feelings of shame and fear of burdening others. Our team members recognize this struggle and will support you and your loved ones throughout the process.

Who can make referrals?

Referrals are accepted from the client seeking help, family members, primary care providers, therapists, and community agencies.

Due to the potentially serious medical complications associated with eating disorders, primary care providers must agree to remain involved in the ongoing medical monitoring and management of their clients.

How can I contact the REDP?

The REDP located in Sudbury, is the regional centre for the assessment and treatment of eating disorders for residents residing in North Eastern Ontario (LHIN 13).

Online resources:

<http://www.nedic.ca>

<http://www.maudsleyparents.org/welcome.html>

<https://feast-ed.site-ym.com>