



Eating Disorders Foundation of Canada

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ALERT

From: Dr. Robbie Campbell

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Re: COVID-19 and Isolation

It should be noted that COVID-19 and isolation present an increased risk of developing an eating disorder and of being able to maintain improvement resulting in relapse. Many eating disorder programs are not in operation or are running at a drastically reduced capacity. It is important to maintain contact with your program or outreach team, even by telephone. It is equally important to ensure that you stay connected with family and/or friends to help you through this unprecedented time.

If you or someone you know is struggling with an Eating Disorder, please reach out for support to the National Eating Disorders Information Centre at:

Toll-Free: 1-866-NEDIC-20

Toronto: 416-340-4156

Email: nedic@uhn.ca

Reach out to each other, stay connected, and above all stay safe.

Sincerely,

Dr. Robbie