

Young Adult Eating Disorders Program

HOPE

Offering comprehensive outpatient treatment for young adults and their families affected by eating disorders.

Available for young adults between the ages of 18 and 25.

What are Eating Disorders?

Eating disorders are the expression of a range of food and weight related issues that both men and women experience. Individuals struggling with an eating disorder may experience low self-worth, extreme body image concerns, and an intense fear of weight gain. A common myth about eating disorders is that they are only about food and weight, when in reality they are complex and influence many aspects of a person's life and well-being.

Warning Signs of a Potential Eating Disorder:

- Excessive concern about body weight, body shape, and calorie intake
- Depression and/or irritability
- Noticeable change in weight (significant increase or decrease)
- Loss of menstruation
- Unusual eating habits and/or strict avoidance of certain foods
- Social isolation
- Rigid or excessive exercise regimes

These are only some of the warning signs. If you have concerns about a patient, family member or friend who may be exhibiting signs of an eating disorder, contact services in your community to get them the care and support they need.

To make a referral to the Young Adult Eating Disorders Program, please call 905-895-4521, ext. 2215 to request a Physician Referral Form

For more information regarding this program, please visit www.southlakeregional.org



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