



Resource List

1. Jessie's Legacy website (www.jessieslegacy.com)
 - Instagram ([@loveourbodies](https://www.instagram.com/loveourbodies))
 - Facebook ([Love Our Bodies](#), [Love Ourselves](#))
 - Twitter ([@loveourbodies](https://twitter.com/loveourbodies))
2. Kelty Eating Disorders website (keltyeatingdisorders.ca)
3. National Eating Disorder Information Centre (NEDIC) website (www.nedic.ca) and [finding a provider within your area](#)
4. Here to Help website (www.heretohelp.bc.ca) for mental health and substance abuse support, resources, and information
5. Take anonymous, online self-tests with our [body image screener](#) and [eating attitudes screener](#)
6. [The Overlap between Anxiety and Eating Disorders](#) infographic created in collaboration with Anxiety Canada
7. [Listen to our "Open hearts. Honest conversations." podcast about eating disorders during the pandemic.](#) Check back in for a new, [upcoming episode](#) focusing on lived experience coming out soon
8. [Read our Q&A article series here](#), focusing on a diverse range of individuals' lived experience with an eating disorder, including several pieces written by university students