

# FREE EATING DISORDERS RESOURCE GUIDE

Are you or is someone you know struggling with an eating disorder? Need help locating information and services? Check out our guide! From books and podcasts to specialized treatment, we've compiled a list of what's available in the Maritimes and beyond.

SCAN ME!



Maritime Eating & Appearance Lab

[www.MEALab.ca/resources](http://www.MEALab.ca/resources)