
From: Hopes Eating Disorders Support
Sent: July 2, 2020 1:33 PM
To: humera.fatima90@outlook.com
Subject: Hope's EDS Summer Newsletter Is HERE!

July 2020

HOPE'S

Eating Disorders Support

Summer Newsletter

Welcome to our first e-newsletter. In this issue, you will find information about mental health support, online resources for support during COVID-19, health and wellness tips, and upcoming events.

If you have a family member or friend who may benefit from the information in our newsletter, please share.



COVID-19 Support

The COVID-19 pandemic can significantly affect the physical and mental well-being of people living with an eating disorder. The disruptions and changes in daily routine may trigger disordered eating behaviors in some. Safety measures like social distancing and self-isolating can also have adverse effects on recovery as people lose their source of support. We have compiled a list of resources to help those struggling with an eating disorder find alternative methods of coping, receive remote mental health advice, and have access to crisis and emergency helplines all in one place.

[Visit our Website](#)

Mental Health Support Helplines

Check out these websites for mental health support and resources.



NEDIC operates Canada's only national toll-free helpline providing resources, referrals and support to people across Canada either directly or indirectly affected by disordered eating and related concerns.

[Chat Here](#)

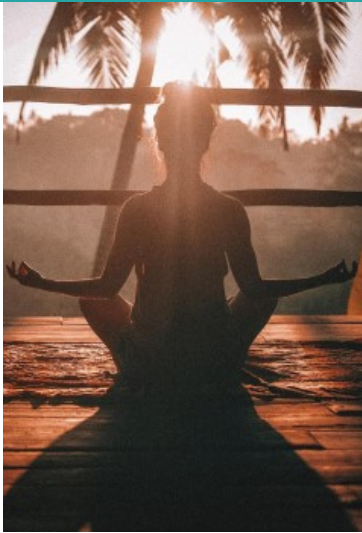


Mental Health and
Substance Use Support

Wellness Together Canada is a first-of-its-kind online portal offering mental health services to Canadians during the pandemic. Speak with a trained volunteer or mental health professional through their helpline.

[Click Here](#)

Tips for Coping



Create a Coping Plan by Identifying Your Triggers

By identifying specific triggers that can bring back old thinking patterns and behaviors, one can develop coping mechanisms.



Create a Support Circle

Having a strong support system allows one to feel comfortable and supported. Make sure to pick people who are reliable and supporting.

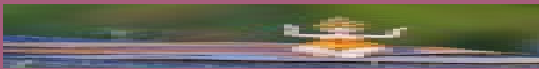


Decrease Negative Influences

Exposure to things that are harmful to your recovery like eating out, old clothing, magazines, TV shows etc. should be reduced.

[Read More](#)

How the pandemic can help your recovery



A Change in Perspective

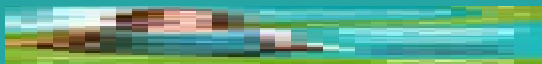
This is a difficult time for many of us. It is easy to let oneself fall down the mental hole of pessimism and uncertainty but allow this time to take a pause and be still. Use this pandemic as an opportunity to build onto your character, heal your inner wounds, and grow as a person.

Tips to Support Loved Ones with an ED

Living with an eating disorder can be physically and emotionally exhausting. Words of encouragement and support can go a long way during the recovery process. Visit our website for more resources on how to support someone with an eating disorder.



Upcoming Events



Running in Silence

Missed our last Running in Silence event? Now's your chance to watch the author, speaker, and all-American running star in action as she speaks about her experience with eating disorders, and addresses the misconceptions surrounding them. Join us at our webinar on July 8th at 7 p.m. EST. Tickets: FREE

[Register Here](#)

Hope's Eating Disorders Support

Hope's Eating Disorders Support is a not-for-profit organization that provides education, resources, support, and advocacy for individuals struggling with an eating disorder, as well as their families, and friends. We aim to create a supportive community environment that promotes mental wellness and positive self-image to facilitate recovery.

[Donate](#)

Hopes Eating Disorders Support | PO BOX 21014 Wonderland Rd Sou, London, N6K0C7 Canada

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [About Constant Contact](#)

Sent by info@hopeseds.org