

Remember:



**Your weight does NOT reflect
your worth**

If you or someone you know is struggling with
an eating disorder or disordered eating,
support is available:

- edsna.ca
- NEDIC Hotline: 1-866-NEDIC-20
- Access 24/7: 780-424-2424
- 211 Alberta
- Mental Health Line: 1-877-303-2642



Eating Disorder Support
Network of Alberta



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