

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:

- **Alberta-wide:** edsna.ca
- Access 24/7: 780-424-2424
- NEDIC hotline: 1-866-NEDIC-20
- 211 Alberta
- Mental Health Line: 877-303-2642
- **For Calgary residents:** silverliningsfoundation.ca



@eatingDSNA
Eating Disorder Support
Network of Alberta



**Silver Linings
Foundation**



@silverliningsab
Silver Linings
Foundation