

# My Safety Plan: Disordered Eating

If you're navigating disordered eating, you can use this tool to identify ways to put your safety first and get support. It may be helpful to fill it out with someone you trust. For more information and support, you can visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca) and / or [Nedic.ca](https://www.nedic.ca).



**Things that may bring up disordered eating for me**  
(e.g. conversations about dieting / weight loss, comparing myself to others, etc.):

**Things that tell me I may need support**  
(e.g. certain thoughts, specific feelings, particular behaviours, etc.):



**Things in my life that are more difficult with disordered eating**  
(e.g. enjoying a meal with people I care about, participating in physical activities, etc.):



**Ways I can manage difficult thoughts / feelings in the moment**  
(e.g. practise mindfulness, take a break from social media, write in a journal, etc.):

**Things I can do to create a safer space for myself in the moment**  
(e.g. limit access to items that contribute to disordered eating, follow social media accounts that promote body diversity, etc.):



**People / services I can connect with for more support:**

**nedic**  
National Eating Disorder  
Information Centre

Live Chat: [Nedic.ca](https://www.nedic.ca)  
Call: 1 866 NEDIC 20 (Toll-free)  
or 416 340 4156 (GTA)

**KIP** KIDS  
HELP  
PHONE™

[KidsHelpPhone.ca](https://www.kidshelpphone.ca)  
Call: 1 800 668 6868  
Text: 686868