NEDIC Support $\cdots - X$

Hello! Thanks for contacting NEDIC. How can I help you today?

> Hi. I'm losing control of what and how much I eat...I don't know what to do...

I'm glad that you reached out. Would you like to tell me a bit more about what's going on?

Concerned that food or exercise dominates your life or a loved one's life?

Then we're concerned too.

So let's chat.

Visit **www.nedic.ca** to access our **anonymous** and **confidential** instant chat service.





National Eating Disorder Information Centre