



EATING DISORDERS RESOURCE GUIDE

It's all about balance.

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EATING DISORDERS - YOU'RE NOT ALONE & HELP IS AVAILABLE

If you're struggling with your relationship with food, your body, or eating behaviors, know that you're not alone - and that support is available right here. Eating disorders affect people of all genders, ages, and backgrounds, and recovery is possible. We're committed to supporting your whole health, and we've compiled these resources to help you take the next step toward healing.

UNDERSTANDING EATING DISORDERS

Eating disorders are serious mental health conditions that affect both physical and emotional well-being. They involve persistent disturbances in eating behaviors, thoughts, and emotions, often accompanied by an intense preoccupation with food, body weight, or shape.

Common eating disorders include:

Anorexia Nervosa – Restricted food intake, intense fear of weight gain, and distorted body image

Bulimia Nervosa – Cycles of binge eating followed by compensatory behaviors like purging or excessive exercise

Binge Eating Disorder – Recurring episodes of eating large quantities of food, often accompanied by feelings of loss of control and distress

ARFID (Avoidant/Restrictive Food Intake Disorder) – Limited food intake not related to body image concerns

Other Specified Feeding or Eating Disorders (OSFED) – Disordered eating patterns that don't fit other categories but still significantly impact health

Eating disorders are not a choice and require professional support for recovery.

GETTING HELP

Crisis Support Lines

If you're in crisis, please reach out immediately:

Canada

National Eating Disorder Information Centre (NEDIC): 1-866-NEDIC-20 (1-866-633-4220)

Crisis Services Canada: 1-833-456-4566 (24/7) or Text 45645

Kids Help Phone (ages 5-29): 1-800-668-6868 or Text 686868

United States

National Eating Disorders Association (NEDA) Hotline: 1-800-931-2237

Crisis Text Line: Text "NEDA" to 741741

988 Suicide & Crisis Lifeline: Call or text 988 (24/7)

Mexico

Línea de la Vida (Life Line): 800-911-2000 (24/7)

SAPTEL Crisis Intervention: (55) 5259-8121 (24/7)

Fundación Comenzar de Nuevo (Eating Disorders): (55) 5424-1830



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OUR INTERNAL RESOURCES FOR SUPPORT

At FCTG we offer a range of resources to support your mental, emotional, and physical well-being:

Confidential Professional Support

- Employee Assistance Program (EAP) – Free, confidential counseling and referrals to specialized care
- Insurance Coverage – Your benefits include coverage for counseling, therapy, and treatment services. Check our [**Global Benefits website**](#) for local details.

Nutrition & Wellness Support

- 1-on-1 Nutrition Sessions – Work with a professional to explore healthy eating patterns, appropriate portions, and food choices in a supportive, individualized setting
- Nutrition Resources – Evidence-based information about balanced eating and nourishing your body - check out the [**Healthwise website**](#)

Mental Wellness Tools

- Mental Wellness Toolbox – Access on-demand meditations, mindfulness exercises, and stress management techniques
- Internal Podcast – Listen to our episode featuring employee volunteers sharing their personal experiences with eating disorders - you're not alone - check out the [**Healthwise website**](#)

Movement & Body Connection

- Physical Fitness Resources – Training programs designed to support overall health and well-being
- On-Demand Classes – HIIT, yoga, and Pilates options to help you connect with your body in positive ways - check out the [**Healthwise website**](#)

Remember: Recovery looks different for everyone, and these resources are here to support you wherever you are in your journey. You deserve support, compassion, and care.

For questions about accessing any of these resources, please contact your local Healthwise Rep or your People Experience team.

Contacts:

Healthwise Global:

Americas: anna.fisher@flightcentre.ca
New Zealand: ross.larsen@healthwiseglobal.com
Australia: stephen_cormack@flightcentre.com
UK/Europe: elizabeth.stewart@flightcentre.co.uk
Global: tod_horton@flightcentre.com

EAP:

Canada: www.manulife.ca Call : 1-844-505-6240

USA:

<https://members.healthadvocate.com/ha/#>
Call 866.799.2728

People Experience Team Global:

Contact your local PX Team to get the details of your regional resources, EAP and government websites to help you at any stage of this journey.

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