

Eating disorders are deadly.
Caregivers carry the burden.
Let's not wait to care.

2025 Annual Campaign



Charity #831213301 RR0001

What are Eating Disorders?

Eating disorders are serious, complex mental illnesses that can devastate the body, mind, and spirit¹. **They affect an estimated 2.7 million Canadians, of which 1.4 million are under the age of 25** (more than half of the total)². **Eating disorders do not discriminate**; they occur across all socioeconomic groups³ and racial and ethnic populations^{4,5}. The consequences can be severe. Eating disorders can lead to hospitalization, long-term health problems, and tragically, **they carry the second-highest mortality rate of all psychiatric illnesses**⁶.

Eating disorders don't just affect the individual. **They affect the whole family.** Caregivers, often parents, report feeling isolated, overwhelmed, and unsure where to turn for help⁷. Most parents notice symptoms first, yet many struggle to find effective care, cycling through providers, missing work, and facing high out-of-pocket costs⁸. In addition to financial burdens, caregivers and families experience diminished quality of life, marked by stress, anxiety, confusion, burnout, health issues, and strained relationships⁹.

Impact on Caregivers and Families

Why Supporting Caregivers Matters

Caregivers play a critical role in treatment and recovery. When caregivers are supported, outcomes improve for their loved ones^{10,11}. By equipping families with the tools and resources they need, we can improve the quality of life for caregivers and individuals affected by eating disorders.

Donate Now!



Why NIED?

The National Initiative for Eating Disorders (NIED) is a national, volunteer-driven charity dedicated to supporting eating disorder caregivers, and their loved ones, across Canada.



Mission: To be a catalyst for change, making connections, educating, and taking action to address the needs of Canadian caregivers of loved ones impacted by eating disorders.



Vision: To ensure that all those impacted by eating disorders receive the care they need and rightly deserve.

Donate Now!

Through education, mentorship, advocacy, and peer support, NIED equips caregivers with the tools and hope to support their loved one's recovery while caring for themselves. Our programs and resources include:

- **Initial Point of Contact Program:** offers caregivers immediate support, understanding, and direction, while connecting them to additional resources for themselves and their loved ones
- **Webinars & Support Groups:** ongoing, educational, expert-led sessions tailored for caregiver groups such as parents, siblings, male caregivers, and more
- **Peer Mentorship Program:** one-on-one mentorship connecting new caregivers with those who have lived experience, offering emotional support, guidance, and strategies to build resilience
- **Caregiver Well-being Program:** provides caregivers with education and strategies to maintain their own well-being, while caring for a loved one
- **Hand Knit Hope:** Canada-wide distribution of volunteer hand-knitted scarves and neck-warmers, offering a message of warmth, comfort and caring



"I just wanted to let you know that my daughter is now in "recovery" and she's in a really good place. I want to thank you for taking the time to speak to me, and for reaching out to me to check in. The whole process was so difficult. Not knowing how to help your child and access the right supports was so frightening. But NIED gave me contacts, helpful resources and connected me with support groups with other caregivers going through the same struggle. Speaking to someone at NIED, who has been through this with their own loved one, was so helpful and insightful."
— D.W., Caregiver

Our 2025 Annual Fundraising Campaign

Until December 31, 2025, we are raising funds to continue providing free programs and vital supports for the **650,000 caregivers** who provide care to the **2.7 million Canadians** affected by eating disorders. You can make a direct and lasting impact on the lives of these caregivers as they navigate caring for their loved ones.

Your donation will be applied directly to support an expanded and easily accessible Initial Point of Contact Program, a 50% increase in support group opportunities, quarterly hybrid education symposiums, as well as the launching of our new Peer Mentorship initiative.

How You Can Support

All donations are tax-deductible and directly support Canadian caregivers and families. Every contribution makes a difference!

✦ **Monthly Giving:** Join our monthly program using the CanadaHelps link below to make a sustained and lasting impact.

✦ **One-Time Donation:** Give today using any of the payment options below.

✦ **Employer Matching:** Many Canadian companies match employee donations. Check if your workplace participates!

Donate Now!

✦ **CanadaHelps QR Code:** Scan the QR code on this page to donate!

📱 **Online:** www.nied.ca/donate

✉ **E-transfer:** niedbanking@gmail.com

✉ **Mail a cheque:** P.O. Box 54057, Toronto RPO Lawrence Plaza,
Ontario M6A 3B7



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