



# Caring for Caregivers

A case for supporting our  
2024 Fundraising Campaign

**NIED**  
NATIONAL INITIATIVE FOR  
EATING DISORDERS

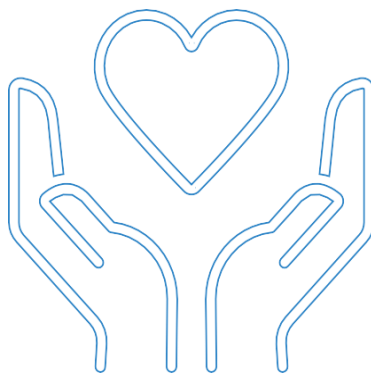
Eating disorders destroy lives. They take a physical and psychological toll on those struggling with this serious mental illness, their families and, in particular, on the caregivers supporting them.

When it comes to caring for someone with an eating disorder, the challenges are great...but at the National Initiative for Eating Disorders (NIED) our resolve is greater.

We've launched our second annual fundraising campaign to raise \$50,000 to continue to freely provide the resources and programs needed in support of caregivers of Canadians struggling with eating disorders.

Your support for our 2024 fundraising campaign will help us build on the vital work we do for over 650,000 eating disorder caregivers across Canada. All donations are tax deductible.

[Click Here to Donate](#)



# Why support NIED?

**NIED** is a national volunteer-run charity providing hope and support to the millions of Canadians challenged by eating disorders and their caregivers.

Our **MISSION** is to be a catalyst for change, making connections, educating, and taking action to address the needs of Canadians impacted by eating disorders. Our **VISION** is to ensure that all those impacted receive the care they need and rightly deserve.

With a particular focus on assisting caregivers supporting their loved one's recovery, we aim to address the systemic challenges facing eating disorder caregivers. Your donation will help us deliver specific programs for caregivers who otherwise may not have known where to turn to find support for both themselves and their loved ones.

**NIED** is a respected member of the Canadian Alliance on Mental Illness and Mental Health (CAMIMH), and we collaborate with dedicated caregiver organizations, researchers and community and peer support groups to deliver on our Mission and Vision.

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# How your dollars will make a meaningful difference.

A caregiver's life becomes increasingly isolated by their singular focus to help a loved one with an eating disorder. Your donation to our 2024 fundraising campaign will help us deliver a range of invaluable ***Education and Caregiver Support Programs***. These include:



**Expanded access to our Initial Point of Contact Program** that provides caregivers with someone to call when they are, often desperately, looking for help for themselves, or for a loved one.



**New educational resources and tools for caregivers** that are evidence-based and developed with the input and approval of experts in the field of eating disorders.



**New Caregiver Peer Mentor Program and Caregiver Support Groups** that will provide caregivers with support and tools to care for themselves and their loved one.



**New Caregiver Well-being Program** that will provide family caregivers with the skills and insights to look after themselves while caring for a loved one with an eating disorder.

## Our challenge by the numbers.

In Canada, an estimated **2.7 million people** are coping day-to-day with eating disorders or disordered eating. Just over 50% or **1.4 million are our youth**. Between 2010/2011 and 2022/2023, there were 18,740 cases of hospitalizations among children and youth, of which 12,159 (64.9%) patients had a first time hospitalization for an eating disorder.

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## Impact of the illness.

An eating disorder is a devastating complex condition that can affect every organ of the body. Eating disorders impact the entire family, friends, one's workplace and the overall health and welfare of our society. The 2018 Statistics Canada General Social Survey on Caregiving and Care Receiving estimates that there are as many as **650,000 eating disorder caregivers - 50% of which focus on youth family members**.



[Click Here to Donate](#)

# NIED cares. Show that you care too.

Please support NIED's 2024 Annual Fundraising and Program goals. All donations qualify for a tax receipt.



- Use the QR code to open our online donation page
- Visit <https://www.nied.ca/donate> to donate directly online
- E-transfer to niedbanking@gmail.com
- Mail your cheque to 1206-355 St Clair Ave West  
Toronto, Ont. M5P 1N5

## Thank you!



"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.

# CARE. GIVE. IMPACT LIVES.

For more information, contact

**Michelle D'Amico**

Executive Director

National Initiative for Eating Disorders

(613) 795-8414 | [michelle@nied.ca](mailto:michelle@nied.ca)



[info@nied.ca](mailto:info@nied.ca) | [www.nied.ca](http://www.nied.ca)