



Contact: Julie Bowles
(416) 885-4077

FOR IMMEDIATE RELEASE

Eating Disorders and Addiction Often Go Hand in Hand

Over 50% of individuals seeking treatment for an eating disorder also have an addiction

(Toronto, ON – January 30, 2014) – It is a known fact that close to one million Canadians struggle with anorexia, bulimia, binge-eating or overeating. Often overlooked, however, is the fact that many of these people also struggle with a substance abuse problem or other addiction.

While both eating disorders and addictions are steadily on the rise in this country, many Canadians don't realize that they often co-occur. Bellwood Health Services is one of the few treatment centres in Canada with the unique ability to treat eating disorders and co-occurring substance abuse disorders and/or addictions at the same time. Bellwood finds that over 50% of their clients seeking treatment for an eating disorder also have a substance abuse problem or addiction

According to Susan McGrail, Clinical Director at Bellwood, research and best practices show that treating both disorders simultaneously will provide the best opportunity for success both in the short and long-terms. *"If someone is struggling with an eating disorder and an addiction, but the treatment plan addresses only one of the problems, the individual will often substitute one behaviour for the other. With a concurrent treatment model, clients will learn the relationship between the two disorders and how they interact, and the skills they will need to successfully manage both problems in recovery."*



In celebration of Eating Disorder Awareness Week (Feb 2-8), and to help individuals, families and professionals understand more about eating disorders and available resources, Bellwood will be hosting a free community education evening.

“Unravelling the Mysteries of Eating Disorders”

Tuesday, February 18th, 2014

7:00 pm - 9:00 pm

Best Western Roehampton Hotel & Suites

808 Mount Pleasant Road, Toronto

The event is open to the public and there is no admission fee

About Bellwood Health Services

Bellwood is an accredited addiction treatment centre celebrating 30 years of serving Canadians with quality treatment and education. The late Dr. Gordon Bell and his daughter Linda Bell, opened Bellwood in Toronto in 1984, and have been working with individuals and families who are experiencing problems with eating disorders, alcohol and drugs, sex, gambling, and PTSD/ trauma and addiction. For more information on any of Bellwood's treatment programs, visit www.bellwood.ca.