SAFE, SEEN, SUPPORTED

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Navigating eating disorders recovery in the 2SLGBTQIA+ community

Barriers and enablers to accessing support:

MORE UNDERSTANDING FROM SERVICE PROVIDERS

Many interviewees expressed that their recovery process was hindered by their service providers' lack of knowledge about 2SLGBTQIA+ identity. Participants noted that the support programs they accessed were not structured to provide support to 2SLGBTQIA+ people, and they needed to educate or correct their providers, who generally lacked basic knowledge of terminology, pronouns, and 2SLGBTQIA+ experience in general.

A substantial theme around gender dysphoria emerged, indicating specific support needs of transgender people in eating disorders recovery. Trans- and non-binary participants noted the desire to change their bodily appearance in order to reduce discrimination and ease the pressure they feel to conform to binary gendered body standards. While body dysmorphia and gender dysphoria are separate concerns, they are often both relevant for trans individuals in eating disorders recovery.

eating disorders Nova Scotia

CLARI Change Lab Action Research Initiative

youth project

Mount Saint Vincent University

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