SAFE, SEEN, SUPPORTED

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Navigating eating disorders recovery in the 2SLGBTQIA+ community

Barriers and enablers to accessing support:

MORE DIVERSE SERVICE PROVIDERS

Many participants shared that their most helpful support relationships were with service providers who were also 2SLGBTQIA+, as it was helpful to see themselves represented by role models, and shared lived experiences provided a sense of comfort and safety.

The shared lived experience provided relief from having to explain the ways in which queerness and marginalization affect their lives.

The general presence of those with marginalized identities was helpful to participants, regardless of whether the participant and service provider shared the same facets of diversity.

eating disorders Nova Scotia

CLARI
Change Lab Action Research Initiative

youth project

Mount Saint Vincent University

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