SAFE, SEEN, SUPPORTED

SAFE, SEEN, SUPPORTED

Navigating eating disorders recovery in the 2SLGBTQIA+ community

Barriers and enablers to accessing support:

DIS/TRUST IN SERVICE PROVIDERS

Common themes of fear of judgement, feeling ignored, and feeling othered emerged throughout the study. Participants expressed worry that homophobia or transphobia would make accessing support uncomfortable, unhelpful, or dangerous.

Several interviewees noted that their service providers were judgmental, avoidant, or nervous in their discussions of queer identities. It was rarely acknowledged as an important aspect of their recovery process. In program and group settings, participants reflected that they often felt othered and excluded due to their 2SLGBTQIA+ identity.

eating disorders Nova Scotia

CLARI Change Lab Action Research Initiative

Mount Saint Vincent University

More info: phillip.joy@msvu.ca