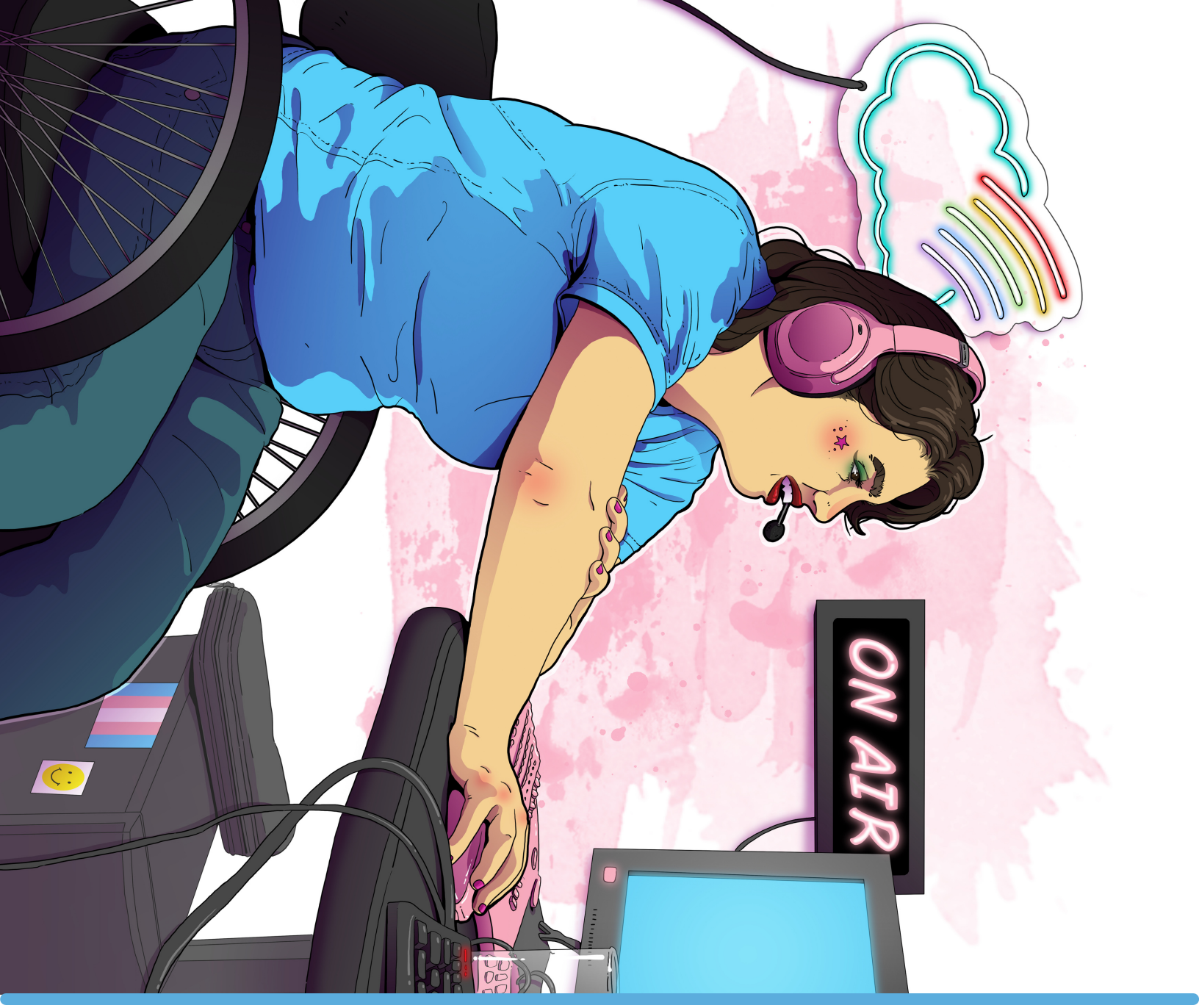

SAFE, SEEN, SUPPORTED

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Navigating eating disorders recovery in the 2SLGBTQIA+ community

Barriers and enablers to accessing support:

MORE PEER SUPPORT

Multiple participants expressed the desire to connect with other 2SLGBTQIA+ people in eating disorders recovery. The importance of sharing lived experiences extends beyond service providers to peers, and participants found benefit from connecting and easing feelings of isolation during recovery.

eating disorders Nova Scotia

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