

Something's GOTTA GIVE

A TOOLKIT

A Complete
Guide
to the Short
Film Series



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A campaign by the



THE SGG CAMPAIGN

Something's Gotta Give was launched in late November 2015 and included a 7-month social media campaign, a public rally in Vancouver, and a year-long film project. The point of the campaign was to invite and capture meaningful exchange around the question: *If we're really going to get to the other side of eating disorders, something's gotta give ... What is it?*

Over a thousand people participated in our SGG campaign — be it in the submissions they made, the social media messages they posted, the endorsements they gave, or the other expressions of support they offered. Whether they are recovering, recovered, loved ones, or practitioners, all of these people believe that something's gotta give — and many know what it is.

The SGG short film series is an outcome of this campaign. The series is a constructive exposé of the true barriers we face in overcoming eating disorders, in really getting to the other side of this disease. The films, like the campaign, are a call for meaningful change, for urgent action.

GETTING TO THE *other side* OF EATING DISORDERS



IF WE DON'T MAKE CHANGE HAPPEN, WHO WILL?

By STACEY HUGET

Looking Glass Executive Director

With *Something's Gotta Give*, we're trying to do more than raise awareness about the realities of eating disorders; we're seeking to change up the way we – as individuals, as institutions, as a society – actually go about beating this disease.

If our approach to battling eating disorders thus far were enough, we would have wrestled the disease down by now. Its current trajectory wouldn't be as scary as it is: quietly escalating, indiscriminant, deadly.

The SGG campaign calls on all of us to organize ourselves differently, urgently, around deliberate strategies to catch up with the pace of this disease. Slow it down. Beat it.

The stimulus for change must begin with us

The first seven months of this campaign was about capturing the opinions and perspectives and experiences of people who already know and care about this disease. After all, who else is going to name and fight for the things that need to change? Think about it:

Given the blizzard of daily events, the traditional news media only addresses eating disorders in periodic bursts of cursory interviews, usually sliced and diced without proper context into the over-simplified clips and text they must then cram into the tiny airspace or column width available to them. While individual journalists may be sympathetic, crusading for our cause doesn't rise to the surface of their many other priorities.

Based on their track record and their motivations, we cannot expect industry – be it in advertising, fitness, fashion, food, beauty, and so on – to be champions for change around eating disorders anymore than we look to polluters to become environmentalists. While many smaller business owners are beginning to adopt more progressive stances around the issue, their voices are but whispers among the cacophony of large-scale “perfection-for-profit” marketing campaigns.

Meanwhile, our elected officials are not only overwhelmed with a staggering number of issues competing for their attention, but also fettered by cumbersome bureaucracies discouraging bold action at every turn. Courageous politicians like former Quebec MP Lauren Liu, who in May 2015 called for a national strategy around eating disorders, are but brief shooting stars that pass through a dark electoral sky.

We must break our own silence

So, it must be us who lights the spark of change. Ironically, though, engaging the people close to this disease – who know and care passionately about the need for change – is a challenge on at least two fronts:

First, those who are or were at one time suffering or who have watched a loved one suffer are the very people who have been silenced through the stigma and shame and marginalization that accompanies this disease. (Not to mention the fact that many of them are in various states of distress, despair, or trauma).

Second, many of those who provide care for eating disorder sufferers – the advocacy groups, the clinicians, the therapists – are disinclined to speak up. Some are too under-funded and poorly staffed to have time to participate in a campaign such as this. Others see only the people they are able to help – and don't have a sense of the numbers they don't. Others still may be hesitant to speak out for fear of criticizing a “system of care” of which they are a part.

These are all very real, seemingly rational reasons for staying mum. But we must all break our silence if we are to beat this disease.

What does “beating this disease” really mean?

Over and over again since launching *Something's Gotta Give*, we're encountering people wanting to tell their stories of struggle and recovery. We so embrace that. But we are asking for more. We are asking people to reflect on those stories, to draw conclusions from those experiences, to describe how we could better prevent, treat, recover from, and eliminate eating disorders. Because, that is what is instructive and actionable, that is what will make a broader and more lasting difference to the course of this disease and our response to it as individuals and as a society.



CONT'D

It isn't like there aren't things we could be doing, or doing more of, or doing differently. There are. The many hundreds of people who made campaign submissions or who were interviewed for our short film series have already identified scads of them:

- Consumer activism against unrealistic body-image and other ED-triggering marketing
- Myth-busting campaigns to de-stigmatize eating disorders
- Education to better prevent eating disorders – in the home, in schools, in our community
- Training to ensure more ED-savvy medical professionals
- Better systems for earlier detection, diagnosis, and intervention around EDs
- Comprehensive data collection around ED incidence, impact, and treatment efficacy for different populations
- More, and more accessible, publicly-funded treatment options
- Extended health insurance to cover private ED treatment when public care is unavailable
- Flexible programs and therapies that reflect sufferers' unique needs, individuality, and dignity
- Community-based programs to support sustained recovery and relapse prevention
- Greater dialogue around meaningful cultural and spiritual values

That is what we've been hearing from people: many ways in which the fight against this disease could be ramped up, must be ramped up if we are to catch it up, overtake it, beat it down.

More than a laundry list, we need a plan

Raising awareness about EDs, without a focus on change, is not enough. Simply articulating the change we know needs to happen is not enough either. We need to compel the public and the decision-makers within it to act with us to collate and coordinate these strategies in an unprecedented attack on eating disorders, society-wide.

That is where our *Something's Gotta Give* short film series

comes in – because a lot of people are captivated by film. A picture is worth a thousand words. And the narrative is ours.

As our short film series describes and investigates what's most compelling about the fight against this disease, we hope the media will see that it's newsworthy, and will begin covering it in earnest. There are journalists out there who care about this issue, who are just waiting for someone to give them traction on the eating disorder story.

Even if industry isn't taking responsibility for the havoc caused by the perfection-for-profit world they're promoting, consumers might. Maybe our short film series will make the connections on their behalf, get them thinking in new ways, encourage them to "consume" differently. And that can have an impact.

And if our politicians aren't making eating disorders a priority, these films may remove some of their traditional "hiding places", give them a template for taking action, and call on electors to hold them to account around issues of legislation, policy, and budget allocations.

For us to get to the other side of eating disorders, the levers of real change need to be pulled, and pulled hard. That is what the *Something's Gotta Give* campaign and short film series are all about. Breaking our silence. Articulating the change we know needs to happen. Compelling the larger public – and key decision-makers within it – to lock arms with us, and act.

It begins now, and it begins with us. Because if we don't make change happen, who will?



SGG was intended to create action, to change up the way we – as individuals, as a society – actually go about beating this disease.



FOR IMMEDIATE RELEASE

PRESS RELEASE

February 1, 2018 – THE LOOKING GLASS FOUNDATION FOR EATING DISORDERS LAUNCHES THEIR MUCH ANTICIPATED SHORT FILM SERIES – SOMETHING’S GOTTA GIVE

The Looking Glass Foundation is excited to announce the release of the *Something’s Gotta Give* (SGG) short film series – marking the start of Eating Disorder Awareness Week February 1st – 7th) in Canada.

In late November 2015, the Looking Glass launched a campaign called *Something’s Gotta Give* – a constructive exposé of the true barriers we face in overcoming eating disorders, in really getting to the other side of this disease.

Over a thousand people participated in the campaign – through submissions and social media messages made during the digital campaign, or by attending and engaging in the Public Rally held here in Vancouver. The campaign gave voice to people everywhere whose lives have been touched by this disease.

In these fifteen short films, fifty-five impassioned individuals – recovering, recovered, loved ones, and practitioners – uncovered themes expressed over and over again among the many hundreds of people who made submissions to our SGG campaign. They are themes that beg for action in answer to our campaign question: **If we’re really going to get to the other side of eating disorders, something’s gotta give ... What is it?**

It’s estimated that as many as 1.5 million Canadians are suffering from anorexia, bulimia, binge eating, and other eating disorders. Affecting up to 70 million people worldwide and with the highest mortality rate of any mental illness, it is time for us to take a stand.

“For us to get to the other side of eating disorders, the levers of real change need to be pulled, and pulled hard”, says Executive Director Stacey Huget. “That is what the *Something’s Gotta Give* campaign and short film series are all about. Breaking our silence. Articulating the change we know needs to happen. And compelling the larger public – and key decision-makers within it – to lock arms with us, and act.”

It begins now, and it begins with us. Because if we don’t make change happen, who will?

To learn more about the campaign, visit <http://sggcampaign.org> or our social media channels:

- Twitter: @Looking_GlassBC
- Instagram: @lookingglassbc
- Facebook: facebook.com/lookingglassbc

For more information on the campaign or about the Looking Glass Foundation, contact Nicole Keay, Communications Manager at nicole@lookingglassbc.com or 604-314-0548.



15 EPISODES: RECAP

RAMP UP THE EFFORT

EPISODE 1

Despite decades of fighting this disease, eating disorders are actually on the rise. The numbers of sufferers are escalating at a frightening pace, more kids are being affected at an earlier age, and lives are being compromised – or altogether lost. One of the things that's gotta give if we're really going to get to the other side of eating disorders is our complacency. What we're doing is not enough. It's time for action. It's time to ramp up the effort.

BUST THE MYTHS

EPISODE 2

Eating disorders aren't something most people know much about, and those who think they do are often misinformed – believing and perpetuating some troublesome myths about the disease. One of the things that's gotta give if we're really going to get to the other side of eating disorders is our tolerance for misinformation. We need to bust the myths! Eating disorders are NOT...

- About vanity, about looking good – they're about suffering
- About food – they're about much deeper emotional issues
- Just a young person's disease – people of all ages suffer
- A woman's disease – men are affected too, as is the LGBTQ+ community
- A simple disease – eating disorders are complex
- Discernable by the way someone looks – sufferers come in all body shapes
- A choice people make – they're a serious mental illness



GET REAL ABOUT THE SUFFERING

EPISODE 3

One of the things that's gotta give if we're really going to get to the other side of eating disorders is to stop downplaying the suffering they inflict. This is a painful mental illness. The depth of despair is almost unimaginable to someone who hasn't been affected. For so many who suffer, eating disorders are a way of grasping for control, of seeking comfort, of coping amidst internal chaos. They don't just take up a little bit of space in a person's life, they can be all-consuming – a constant struggle amidst painful emotions and deeply distressing thoughts. If we're going to beat this disease, we need to get real about the suffering.

CONT'D

CONSIDER THE LOVED ONES

EPISODE 4

One of the things that's gotta give if we're really going to get to the other side of eating disorders is our lack of understanding and support for the loved ones of those affected by the disease. Watching someone struggle with this disease can be overwhelming. It hits them from out of nowhere, and takes time to get past the denial that something is actually wrong -- and the (misplaced) guilt that they may have contributed somehow. Loved ones can experience enormous trauma: confusion, helplessness, family disruption. And because people cope with this trauma in different ways, relationships within families and marriages are often strained. Eating disorders are even hard on friendships, and change the very nature of those relationships. Part of the fight against eating disorders is about supporting those on the front line: the loved ones.

RE-THINK EDS WITHIN MENTAL HEALTH

EPISODE 5

How we think about mental health -- and about EDs as a serious mental health issue -- is one of the things that's gotta give if we're really going to get to the other side of this disease. As a culture, we have so normalized food and body image obsession that we fail to recognize eating disorders as the disease that it is -- a disease as worthy of immediate intervention as any other illness. While awareness about mental health issues is deepening, the place of eating disorders within mental health is unclear. Eating disorders are a crisis, but not one that's getting the attention it deserves. The tragic consequence of this confusion and stigma around eating disorders means is that people are suffering behind closed doors, afraid to come forward for help. That is not okay. Something's gotta give.

DETOXIFY OUR CULTURE - PART 1

EPISODE 6

Eating disorders are partly a product of Western values, of a culture that obsesses about body image, a consumer society that has so commercialized imperfection that being okay with how one looks has become an almost radical concept. These values are entrenched and promoted in misleading advertising messages and images. Worse still, the disease of eating disorders is glamorized in social media -- a realm in which how we package our image and present our life has become more important than who we are and how we live. On so many levels, we've gotten away from the things that matter and it's leaving us disconnected and in despair, desperate to just "numb out". If we're really going to get to the other side of eating disorders, this toxic culture has gotta give.

“ We have to take action. If we don't take action, more and more are going to suffer, more and more people are going to give up hope. ”

CONT'D

DETOXIFY OUR CULTURE - PART II

EPISODE 7

Our culture objectifies and over-sexualizes women in pervasive and profoundly demeaning ways. Our value as people, regardless of gender, has become linked with how young, thin, and attractive we are. It's a distortion so insidious it affects the way we view and talk about our own and other's bodies, our own and other's worth. In this barren social landscape, is it any wonder eating disorders are so rampant? If we're really going to get to the other side of eating disorders, this toxic culture has gotta give.

MAKE SENSE OF FOOD

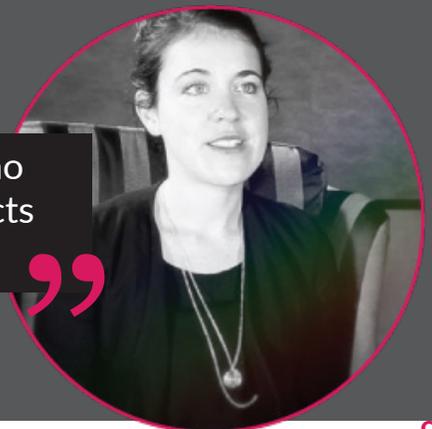
EPISODE 8

We live in a world of complex and confusing messages about food. That the multi-billion dollar diet industry has made food and weight-loss a societal obsession has much less to do with our wellbeing than it does with generating profit. Food marketers demonize some foods over others, with the culprits shifting over time in ways that leave us baffled. What we eat is less about nourishing our bodies these days than it is making a statement about who we are. However hard that is to navigate for someone without an eating disorder, it can be deadly for those who develop the disease. For them, negotiating and maintaining a healthy relationship with food is an unimaginably complex day-to-day challenge. If we're ever going to get to the other side of eating disorders, we've gotta start making sense when it comes to food and nourishing our bodies.

RE-EDUCATE HEALTHCARE PROFESSIONALS

EPISODE 9

One thing that's gotta give if we're really going to get to the other side of eating disorders, is the dearth of healthcare professionals who are knowledgeable about EDs. It can be an act of courage for someone with an eating disorder to come forward for help -- but finding it can be incredibly challenging. There are very few ED specialists in our healthcare system and very little training in EDs for doctors and other practitioners. Their lack of knowledge and sensitivity can alienate sufferers, leaving them feeling hopelessly misunderstood. The widespread myth that one can diagnose an eating disorder (or it's severity) based on how a person looks, leaves many sufferers believing they're just "not sick enough" to get the treatment and support they need -- driving them deeper into their mental illness. The notion that they aren't capable of knowing what support they need very often leaves them out of the treatment conversation altogether. ED sufferers not only need to find their voice and share their reality, they need to be heard.



“In Canada, we have 12 psychiatrists across our country who specialize in eating disorders. This is for an illness that affects 1.5 million Canadians. That just doesn't make sense.”

PUT "EFFECTIVE" INTO TREATMENT

EPISODE 10

One thing that's gotta give if we're really going to get to the other side of eating disorders, is the ineffectiveness of many ED treatment approaches. So many sufferers are feeling hopelessly stuck in programs and therapies that just don't resonate and simply aren't helpful. Rather than re-examine their approaches, practitioners sometimes blame the sufferers -- telling them they aren't "ready" or "motivated" to recover, or that they're somehow "treatment resistant". The truth is, even among practitioners, it isn't always clear as to what effective ED treatment really is. We either vastly oversimplify the complexity of EDs or apply "cookie cutter" approaches to individual aspects of the disease -- without consistently getting traction on recovery. There is a dire need for innovation in treatment, for approaches that work.

RE-THINK ED PROGRAMMING

EPISODE 11

If we're ever really going to get to the other side of eating disorders, something's gotta give in terms of the availability, quality, and cost of ED programming. In addition to early prevention programming in our schools and communities and the availability of better information resources generally, we need to ensure there are enough support and treatment programs for those who suffer. The lack of programming at present is simply untenable. Moreover, for the programs that are available, there are often unacceptable wait times or excessive restrictions. ED program design needs to better respond to the needs of individual sufferers -- wherever they are in their recovery journey. Treatment needs to be delivered with respect and compassion and flexibility and they need to be affordable, here in Canada. Currently, at enormous personal expense, so many have to look outside the country for residential treatment. And while private, individual therapy is on offer, the fees are often prohibitive -- barely offset (if at all) for those fortunate enough to have private healthcare plans.

INVEST IN ED RESEARCH

EPISODE 12

One thing that's gotta give if we're really going to get to the other side of eating disorders is our paltry investment in ED research. As shocking as the statistics around EDs are, the disease is grossly under-reported given our diagnostic and data collection systems. Moreover, there's a critical need for dedicated new research -- into prevention, incidence among different populations, neuroscience, and treatment efficacy, for example -- and that involves all the stakeholders, including those who suffer from the disease or love someone who does. Most of all, we need investment. We need to break the cycle of needing research to justify funding in the absence of funded research.

“ I think we should strive to eradicate it. I don't know why we'd set our bar anything lower than that. ”

URGE THE GOVERNMENT TO ACT

EPISODE 13

Given that some 1.5 million Canadians are affected by EDs and that they're one of our deadliest mental health issues, it's unfathomable that EDs aren't getting more government attention -- and is one thing that's absolutely gotta give if we're going to really get to the other side of eating disorders. We are in dire need of funding for ED research, prevention, and treatment. Our two-tiered healthcare is a disgraceful injustice for those suffering from EDs. Our provincial and federal governments' failure to make EDs a priority is part of why this disease continues to escalate. The time for action is now.

BUILD A STRATEGIC ED COMMUNITY

EPISODE 14

For too long, those who most understand the tragedy and urgency of EDs have been working in isolation -- and that's one thing that's gotta give if we're really going to get to the other side of this disease. A collaborative, national strategy around eating disorders needs to happen urgently. While it needs to be comprehensive in scope and driven by clear outcomes and impacts, it has to begin effecting much needed change as soon as possible. Already, an inter-provincial network is forming and preliminary work has been done. Ours is an agenda that desperately needs to be on the radar screens of our provincial and federal governments, other influencers and investors, and the Canadian public.

BELIEVE IN RECOVERY

EPISODE 15

One thing that's gotta give if we're really going to get to the other side of eating disorders is our lack of resolve that recovery is possible. However one defines it, recovery from an ED is possible. It has as many faces as the people who fight for it, but the one thing they all share is incredible courage. But this is not a disease that affects only individuals; it affects our whole society. Surely Canadians everywhere can muster as much resolve and tenacity as those who have recovered from this devastating mental illness. After so many years of watching this disease escalate, wreaking pain and misery on so many of us, can we finally come together, lock arms, and agree that something's gotta give?

“

People have to stand up and say enough. We've had enough. We demand the same level of care for our daughters, for our sons, for our family members, as people with any other significant medical illness where there is significant mortality and terrible suffering.

That is what it's going to take.

”

FOR DISCUSSION

The *Something's Gotta Give* campaign and short film series are all about the change that needs to happen if we're really going to get to the other side of eating disorders. Each of the key messages captured in these films are a call to action. Let's not allow their call to go unanswered:

- In what ways have we become complacent about eating disorders? What can we do to re-invigorate the fight against this disease?
- In what ways do we tolerate misinformation about ED's? What can we do to change and correct the myths and misinformation about this disease?
- In what ways do we downplay the suffering eating disorders inflict? What can we do to be more honest and open about the pain of this mental illness?
- In what ways do we downplay the impact of this disease on the loved ones of those who suffer? What can we do to better support the loved ones of ED sufferers?
- In what ways are EDs lost or misrepresented within mental health? What can we do to ensure they're seen and addressed as a serious mental illness?
- In what ways do we downplay or ignore the damaging impact of our culture on mental health and particularly on eating disorders? What can we do to better resist or (better yet) change our current culture?
- In what ways are we "buying into" food marketing and a food culture that compromises rather than promotes our well-being? What can we do to build a healthier relationship around food and nutrition?
- In what ways are we reluctant to challenge the healthcare system to better support those who are suffering? How can we help build greater expertise and capacity within the healthcare system to better support those with EDs?
- In what ways are we reluctant to challenge the healthcare system to become more responsive and innovative in its approaches? How can we work with the healthcare system to foster more innovative, effective treatment approaches?
- What stands in the way of our having accessible, quality, affordable ED programming? How can we work within our communities and with our governments, healthcare providers, and insurance companies to achieve accessible, quality, affordable programming in Canada?
- In what ways does being "stuck" in a loop of underfunded ED research limit our ability to beat this disease? What can we do to foster greater support and investment for research into this mental illness?
- In what ways have we become complacent about government inaction around eating disorders? What can we do to urge the government to make ED policy, funding, and action a priority?
- What impacts and outcomes should a collaborative, national eating disorder strategy achieve? What can we do to ensure the voice of Canada's ED community is heard?
- Why is simply raising awareness about EDs not enough for us to truly overcome them? What can we do to engage Canadians in the fight against tragic mental illness?

Don't let this call for action go unanswered:

- **What will happen if we do nothing new or different?**
- **Why does this change need to happen now?**
- **Who will you share this with and how?**
- **What action will you take first?**

DIGITAL PROMOTIONS

The SGG short film series captures 15 recurring themes in a way that has not been done before. These themes and perspectives belong to all of us. For that reason, we invite you and others in the ED community to share and promote the films however you choose – but always as a springboard for the meaningful change and urgent action we so desperately need.

Taking action is as easy as sharing on social media!

Subscribe to our YouTube Channel

Check out the SGG Campaign Playlist on YouTube: <https://www.youtube.com/playlist?list=PL1HJkDUF2S8DiX9VGcWIJTymc5ZPDNOgz>

Like and Share Our Posts

Help engage others by sharing, re-tweeting, liking, and sharing SGG content on all of your social media. Be sure to include the #SGG hashtags, short film links and tag the Looking Glass Foundation on all your social media posts.

Create Your Own SGG Posts

To help us spread the word, we've put together some suggested content for you to share below. These are just suggestions; use your own creativity to personalize your messages.

Follow Us on Social Media



@Looking_GlassBC



@lookingglassbc



facebook.com/lookingglassbc

Download a #SGG Campaign Image:

<https://sggcampaign.org/campaign-images/>



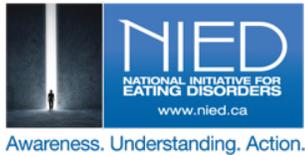
POST: If we're really going to get to the other side of #eatingdisorders, Something's Gotta Give... what IS it? This year-long film project captures the views of some 55 people from across Canada – the recovering, recovered, loved ones, and practitioners who best understand the tragedy of this disease, and the urgency of overcoming it. This much anticipated short film series is now available on Youtube. Check it out today!

Don't Forget the Hashtags

#SGG #SGGCampaign #somethingsgottagive #eatingdisorders #edrecovery #mentalhealth #lookingglassfoundation #lgf

CAMPAIGN PARTNERS

Many dedicated people worked to support both the Something's Gotta Give campaign and the resulting SGG Short Film Series. We are inspired by their passion and commitment and courage in the fight against eating disorders. To everyone who gets the tragedy of this disease, who believes that something's gotta give – we say *Thank You!*



Bellyfit

Eating Disorders In The Open

Love our Bodies, Love Ourselves

Bridgepoint Centre for Eating Disorders

G Day

MAC Alliance for Body Peace

Covenant House Vancouver

Healthy Essentials

National Initiative for Eating Disorders (NIED)

Dirty Laundry Project

International Eating Disorder Action

Project True

Eating Disorder Nova Scotia

Island Integrated Counselling Society

Victoria Yoga Conference

Eating Disorder Parent Support (EDPS)

Jessie's Legacy

World Eating Disorders Action Day

Eating Disorder Network of Alberta (EDSNA)

Kelty Mental Health

yoUnlimited

Life Trauma Solutions

Your Eatopia

FILM CREDITS

Many dedicated people worked to support both the Something's Gotta Give campaign and the resulting SGG Short Film Series. We are inspired by their passion and commitment and courage in the fight against eating disorders. To everyone who gets the tragedy of this disease, who believes that something's gotta give – we say **Thank You!**

Something's
GOTTA GIVE

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Post Production & Design:

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Films*

With thanks to the many hundreds of people who made the SGG Campaign Submissions and to those who agreed to be interviewed on camera for this short film series:

Jan Abercrombie
Lucia B
Mia B
Bethany B
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Tyson B
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Carla Chabot
Cassie C
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Janine Lefevre
Malcolm L
Celeste M
Brenda M
Hillary McBride
Cliff M
Mary M
Dr. Mark Norris
Patricia Nash
Caitlin O'Reilly
Suzanne Phillips
Dr. David Pilon
Wendy Preskow

Alicia P
Danika Quesnel
Melissa Q
Danielle R
Angela Rinaldis
Candice S
Kaela Scott
Eric S
Debbie S
Paul S
Elaine Stevenson
Abbey Stimpson
Sierra T
Karen Wall
Veronique W
Dr. Blake Woodside
Eric Vickar

And with special thanks for her musical contribution:
Candice Sand

OUR STORY

Something's Gotta Give is a campaign by the Looking Glass Foundation for Eating Disorders. Founded as a charity in 2002, the Looking Glass Foundation is a caring community of people – recovered, recovering, families and friends, therapists and clinicians, donors, supporters and volunteers – dedicated to helping those who are suffering from anorexia, bulimia, and other eating disorders, as well as those who love them. It's a growing community that is all about getting to the other side of eating disorders, to eventually achieving a world without this devastating disease.

Best known for opening Canada's first residential treatment facility for youth with eating disorders, the Looking Glass Foundation has evolved to offer a number of innovative outreach and support programs that help not just youth, but people of all ages, genders and backgrounds who suffer from this disease, as well as their loved ones. Over the last three years alone, we've supported more than 700 sufferers. Recovery is happening, and individual lives are changing; we see it all the time.

To learn more about the Looking Glass Foundation and its work, visit lookingglassbc.com.

WE'D LOVE TO HEAR FROM YOU



sggcampaign.org



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