

CLINICAL SERVICES FAQ

Eating Disorders Nova Scotia's Clinical Services are our professionally-led programs provided by Therapists and Dietitians who have experience helping those with eating disorders.

If you want to heal your relationship with your body, food, and/or exercise, we are here to help. A diagnosis or referral is not needed.

WHO DO YOU HELP

Therapy is available for those living in NS; Dietitians can work with anyone in Atlantic Canada. We support both youth and adults, and our sessions are all virtual so you can access from your home or other space.

WHAT CAN I EXPECT?

At our first session, we will get to know each other and learn how we can support you. Our goal is to make you feel heard and to help you reach your recovery focused goals. If you don't even know what you want your goals to be yet? No worries, we can help with that too!

WHAT IS THE COST

Initial consultations (15 min) Free

Therapist: First session (90 Minutes) \$220
Regular session (50 minutes) \$180

Dietitians: First session (75 Minutes) \$130
Regular session (50 minutes) \$110

DO YOU OFFER DIRECT BILLING?

Yes - we offer direct billing for many insurance companies. Scroll down for the complete list. You can provide your insurance info when you register. We also take credit card and e-transfer.

I AM UNABLE TO AFFORD THESE SERVICES.

Eating Disorders Nova Scotia is pleased to offer subsidies from 25-75% off. To request a subsidy, please complete this [online form](#).

HOW TO DO I MAKE AN APPOINTMENT?

1. Click [HERE](#) to access our services via Jane.
2. Add your credit card to "My Account." This is used to process any appointments or amounts not covered by insurance. If you do not have a credit card, please contact Clinical@EatingDisordersNS.ca
3. Choose the person you want to see under the Scheduling tab. Choose your time.
4. You will receive an email confirming your appointment with a link. Simply click that link to start your virtual session.

QUESTIONS? Contact Scott Ellis at Clinica@eatingdisordersns.ca or call 902-809-8567.

Our Commitment to Support for Everyone

We recognize that Eating Disorders in historically marginalized populations are understudied, undetected, and undertreated. We welcome and support all people, of all body including but not limited to: those individuals from Black, Indigenous, racialized, and/or 2SLGBTQI+ communities as well as people with disabilities.

Direct billing: Blue Cross, Beneva, BPA, Canada Life, Canadian Construction Workers Union, Chambers of Commerce Group Insurance Plan, CINUP, ClaimSecure, Cowan Insurance Group, D.A. Townley, Desjardins Insurance, Equitable Life of Canada, First Canadian, GMS Carriers 49 and 50, GroupHEALTH, GroupSource, Industrial Alliance, Johnson Inc., Johnston Group, LiUna Local 183, LiUna Local 506, Manion, Manulife Financial, Maximum Benefit, People Corporation, RWAM, TELUS AdjudiCare, Union Benefits, UV Insurance, La Capitale, Coughlin, and Alberta Blue Cross.

Please note that our ability to do so may vary slightly depending on the clinician who is providing care. If we are unable to directly bill with your insurance, the Clinic Manager will be in touch.