



Anorexie et boulimie Québec

We want the online chat to be coherent with the organization's philosophy, which promotes healing and provides support and well-being. This is why ANEB has laid down some ground rules regarding the messages posted during the chat session. The administrator of the online chat reserves the right to warn and/or delete any messages that would not meet the following requirements:

1. No tips or advice on diets, weight loss or weight control. No specific tips that suggest restrictions of food intake or about compensatory measures such as exercising, fasts, purging, laxatives.
2. No numbers related to the eating disorder. Specifically, it is forbidden to mention the following:
 - Weight
 - Amount of weight gained or lost
 - Goal weight
 - Clothing size
 - Caloric intake
 - Time spent exercising
 - Time spent fasting
 - Number or purges
 - Number of laxatives or diuretics taken
 - Any other number related to weight, binges and compensatory methods
3. No specifics about food:
 - The term to use when referring to food is "food item" or "food item x"
 - The term to use when referring to liquids (all liquids including water) is "liquid x" and "beverage x"
 - No food groups (ex. vegetables, meats, proteins, carbs, etc.)
 - No brands (ex. Tim Hortons)
 - No specifics about alcohol or drugs
4. No suicide notes. If you are in distress, you may call Suicide-Action Montréal at 514-723-4000 / 1-866-277-3553 or Tel-Aide at 514-935-4555. The online chat is a place to give and receive support and although we encourage you to share what you are going through, we believe that writing a suicide note could worry some users. They may then feel the responsibility of caring for the suicidal individual. People using the online chat cannot replace professional help in case of suicidal intentions. Please take note that in case of repetitive suicidal threats and if the situation seems critical, ANEB Québec will take all necessary steps to contact emergency services. That may include tracking IP addresses.



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5. It is not permitted to talk about drugs, alcohol, self-harm or any other addiction in terms of “benefits” or to promote such behaviors. However, talking about the emotions and the hardships resulting from the addiction is permitted.
6. No judgement, insults, blame, personal attacks or hateful comments. The online chat is a safe place to share your experiences, feelings and emotions without judgement. To maintain adequate functioning of this service, respect is a key factor. ANEB reserves the right to ban anyone who does not behave in a manner deemed appropriate.



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