

MENTAL HEALTH RESOURCES: EATING DISORDERS

NATIONAL EATING DISORDERS ASSOCIATION

Includes stories of recovery from eating disorders, information about seeking treatment and additional resources for school professionals and caregivers.

**National Suicide
Prevention
Lifeline
1-800-273-8255 or
text HOME to
741741**

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

This resource includes information about eating disorders, how to find treatment and support groups for those suffering and their families.

NATIONAL INSTITUTE OF MENTAL HEALTH

Includes links to more information about eating disorders.

EATING DISORDERS ANONYMOUS

Similar to the 12-step approach used by Alcoholics Anonymous, this resource lists nationwide meetings that can help those struggling with eating disorders.

OVEREATERS ANONYMOUS

Similar to the 12-step approach used by Alcoholics Anonymous, this resource lists nationwide meetings that can help those struggling with compulsive and binge eating.

**National Eating
Disorder
Association
Lifeline
1-800-931-2237**

HEALTH AT EVERY SIZE (HAES)

Body liberatory community with mental health, physical health, and advocacy resources following the HAES framework of social justice and health equality.

INTUITIVE EATING PROVIDERS

Counselors, dietitians, medical doctors, and related providers specializing in an evidence-based mind-body health approach to eating disorder recovery.

**For crisis
situations
text
NEDA to
741741**