

SAY IT BRAVE

WE'RE BRINGING AUTHENTICITY TO MENTAL HEALTH CONVERSATIONS

Resources for Battling Eating Disorders in a COVID-19 World: ANAD Resource List

ANAD Helpline



Free Downloadable Guide Series

- Binge Eating and Breaking the Cycle
- Eating Disorders and Pregnancy
- Treatment Center Discharge
- Support at Every Stage: A Guide for Loves Ones of Adults with Eating Disorders

ANAD Mentorship Program

Would you like to get support from someone who understands what you are going through and feeling? ANAD will pair you up with a Recovery Mentor who has recovered from an eating disorder and will be able to help support you on your own recovery journey.

Mentors can be available by phone, email or text. The two of you will decide what method of communication works for both of you and discuss ways you'd like to be supported.





ANAD Online Support Groups

ANAD support groups provide a space where people can come and recognize that there are others who are going through a similar journey or have felt similar feelings and be understood. This can be very empowering especially with such an isolating disorder as eating disorders, that can be difficult for those not in recovery to respond to initially. Usually support groups are a first step for many people to talk about their eating disorder or for parents and caregivers to talk to others about their loved ones eating disorder and their questions or concerns.

General Resource Page for Eating Disorders and COVID-19

- Telehealth Options
- Free Online Support Groups
- Eating Disorders Anonymous Online Groups: several options available
- Eating Recovery Center Online Offerings: several options available
- NEDA Free & Low-Cost Support

