

National Eating Disorders Association

**Programs & Services
2021**

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SUPPORT SERVICES

Spanish translators are available for Helpline calls

HOME / HELP & SUPPORT
CONTACT THE HELPLINE

 <p>Chat Monday - Thursday 9am-9pm ET, Friday 9am-5pm ET</p>	 <p>Call (800) 931-2237 Monday - Thursday 11am-9pm ET, Friday 11am-5pm ET Translation services are available on the phone.</p>	 <p>Text (800) 931-2237 Pilot hours Monday - Thursday 3pm-6pm ET Standard text messaging rates may apply</p>
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www.nationaleatingdisorders.org

Spanish coming soon



For crisis situations, text
"NEDA" to 741741 to be
connected with a trained
volunteer at Crisis Text Line.

www.nationaleatingdisorders.org

Eating Disorder Screening Tool

- 97% of participants identified as at-risk
- Over 600,000 screenings taken since launch in 2017
- Quick access to help

How much more or less do you feel you worry about your weight and body shape than other people your age?

- I worry a lot less than other people
- I worry a little less than other people
- I worry about the same as other people
- I worry a little more than other people
- I worry a lot more than other people



FORUMS

Forums

Forum Moderation

Student Life

Sharing Your Story Publicly




Social Media

Videos

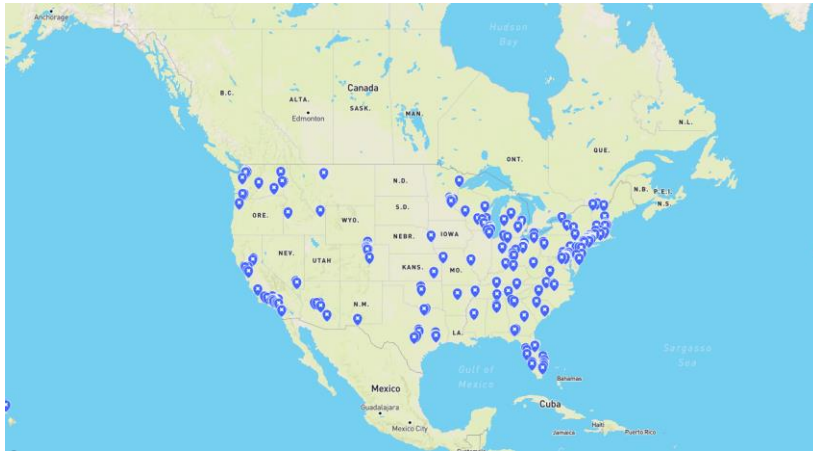
School & Community

NEDA Connections

Before contributing to NEDA's forum, please make your post conforms to our [community guidelines](#).

Forum	Topics	Posts	Last post
 COVID-19 This forum intends to be provide a safe space to discuss concerns in regards to COVID-19 and get support for your eating disorder during this global crisis. You can learn more about additional COVID-19 resources here on our website.	54 1 new	233	finally 2... by _julie_ 20 hours 4 min ago
 Maintaining Recovery This forum is for individuals who are currently in recovery from an eating disorder and are working on maintenance. This is a safe space to discuss recovery with individuals who understand what you are going through, and to get the information and inspiration you need to continue your own journey.	3254 17 new	15293	Looking for... by maddyhenry 1 hour 33 min ago
 Working Toward Recovery This forum is for individuals who are actively considering or working towards recovery. This is a safe space to discuss your experiences, get support and find resources that you need to access treatment and start your recovery journey.	5015 79 new	22650	Back on track by Tryingtoheal 17 min 3 sec ago

Treatment Provider Map



- Different levels of care
- Support Groups
- Research Studies
- Low-cost options of care
- Special topics



- Screening Tool
- Contact the Helpline
- Find Treatment
- Where Do I Start?
- How Do I Help?
- Free & Low Cost Support
- Recovery & Relapse
- COVID-19 Resources**

Everyone deserves support for their eating concerns, and NEDA wants to connect you with resources that can help in addition to professional help. In this time of great uncertainty and disturbance we face the added danger that isolation brings to those among us who are struggling with an eating disorder. Please refer to this list to explore recovery pathways with virtual support.

NEDA CONNECTIONS VIDEO SERIES



Given the current state of our world, NEDA recognizes the importance of prioritizing connection and community, which is why we are launching our new NEDA Connections series. Each day, we will join you via video for 10-20 minute check-ins, resources, activities, and presentations from various NEDA community leaders such as staff, volunteers, eating disorders professionals, and more.

[Learn more >](#)

NEDA HELPLINE



Contact the Helpline for support, resources and treatment options for yourself or a loved one. Helpline volunteers are trained to help you find the information and support you are looking for. Reach out today!

[Contact the Helpline >](#)

Contact the Helpline!

You can call our confidential Helpline Monday-Thursday from 11am to 9pm ET, and Friday from 11am to 5pm ET.

HOME / HELP & SUPPORT
BLACK LIVES MATTER RESOURCES

Screening Tool

Contact the Helpline

Find Treatment

Where Do I Start?

How Do I Help?

Free & Low Cost Support

Recovery & Relapse

COVID-19 Resources

TABLE OF CONTENTS

- Mental Health Resources
- Self Care & Mindfulness
- Non-POC Allyship
- Media
- NEDA Blogs
- Parents and Caregivers

MENTAL HEALTH RESOURCES

African American Mental Health Providers

Association of Black Psychologists | Therapist Directory, Emotional Emancipation Circles, Family/Community/Self-Care Toolkit

HOME / HELP & SUPPORT
FREE & LOW COST SUPPORT

Screening Tool

Contact the Helpline

Find Treatment

Where Do I Start?

How Do I Help?

Free & Low Cost Support

Recovery & Relapse

Black Lives Matter Resources

CONTACT THE HELPLINE!

Non-confidential confidential helpline Monday-Thursday

Everyone deserves support for their eating concerns, and NEDA wants to connect you with resources that can help in addition to professional help. These free and low cost support options offer ways to connect with others and provide tools to promote recovery.

Please note that these options do not replace professional treatment. We are listing them as additional support options to supplement recovery or maintenance.

NEDA FORUMS

The NEDA Forums are available for individuals and loved ones looking to connect on safe issues about the eating disorder recovery process. All participants are required to agree to the community guidelines. Non-compliance may result in banning from the forums. The Forums are 24/7 and are moderated by volunteers trained by NEDA.

[Visit the forums >](#)

SUPPORT GROUPS

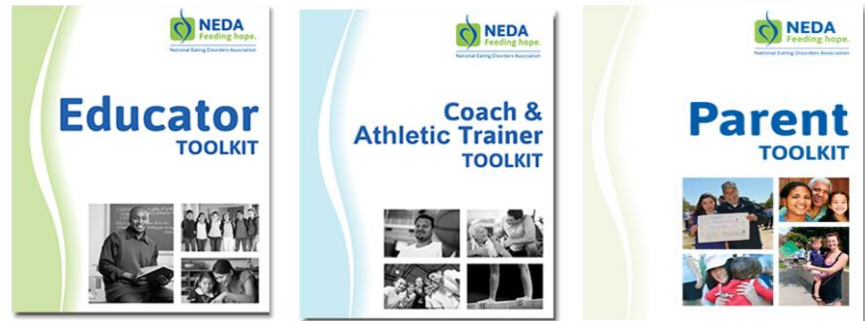
Support groups, though not a replacement for treatment, are a free or low-cost way to gain support from others. NEDA's support group finder can help locate in-person groups and online options.

[Find options near you >](#)

www.nationaleatingdisorders.org

How Do I Help

- Parents/Caregivers
- Loved Ones
- Coaches
- Teachers
- Workplace
- Toolkits



www.nationaleatingdisorders.org

NEDA Conferences

- Fall and Spring Conferences
- Previously regional – now virtual!
- *Spring NEDAcon 2021 Coming in May!*



Watch through
January 15, 2021

PROVIDERS
DISCUSSION

EATING
DISORDERS
RESEARCH
TODAY

CAREGIVERS
PANEL


LIVED
EXPERIENCES
PANEL

Register today at myneda.org/nedacon

NEDA CONNECTIONS VIDEO SERIES

- Food Insecurity & Eating Disorders
- Eating Disorders & Men
- Inclusivity During At-Home Workouts
- Eating Disorders and Telemedicine
- Eating Disorders and Body Image
- COVID & Eating Disorders
- Social and Economic Costs of Eating Disorders


NEDA CONNECTIONS
 Professional Rock Climbing, Eating Disorders & Body Image



Kai Lightner Meagan Martin

WEDNESDAY, JUNE 17, 2020
 @ 1:00 PM ET

NEDA CONNECTIONS
 Eating Disorders & Telemedicine



Yolanda Evans, MD, MPH
 Seattle Children's Hospital

MONDAY, MAY 4, 2020
 @ 8:00 AM AKT

NEDA CONNECTIONS
 Promoting Inclusiveness During At-Home Workouts




Owoade Kadara Ayorinde @Owoadek Leon Glover @leonheartedboy

Moderated by: Kerry O'Grady, NEDA's Wellness Liason

FRIDAY, JULY 31, 2020 @ 1:00 PM EASTERN

www.nationaleatingdisorders.org

**COME
AS
YOU
ARE**




#NEDAwareness Week Blog Series

Hindsight is 2020

NEDAwareness Week (#NEDAwareness) is Here!

**COME
AS
YOU
ARE**



#NEDAwareness Week Blog Series

Hindsight is 2020

Instagram and NEDA Collaborate on
#ComeAsYouAre



A Mother's Day Message



Is Your College Student Struggling with an Eating Disorder? The Warning Signs You Need to Know

This blog post is sponsored and contributed by Veritas Collaborative.

[Read more >](#)

NEDA BLOG

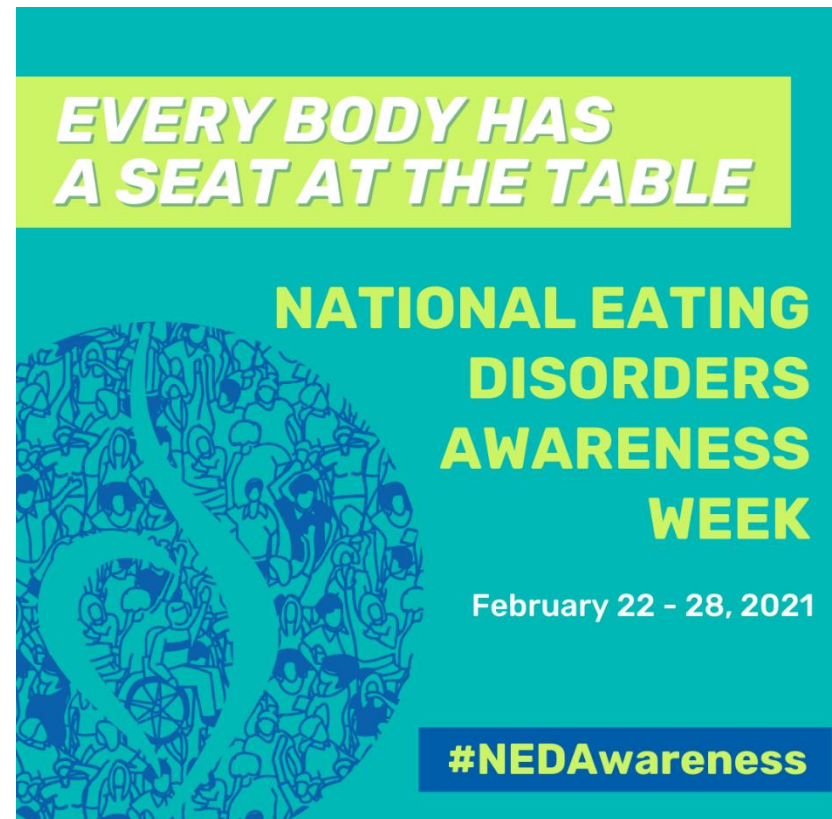
www.nationaleatingdisorders.org



AWARENESS CAMPAIGNS

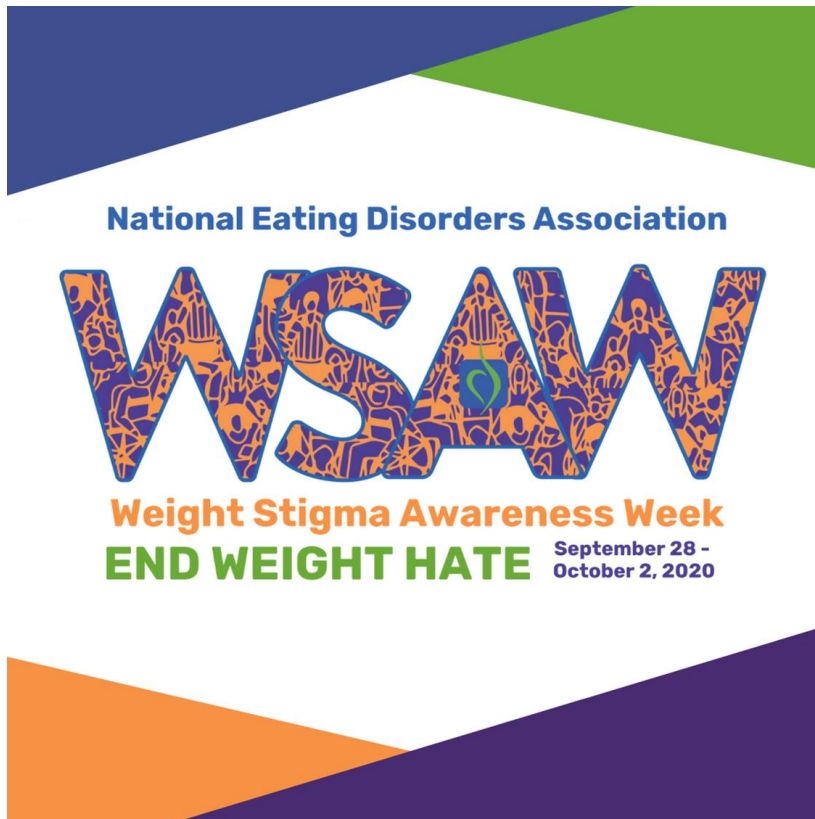
NEDAwareness Week

- Sign up to be a collaborator at nedawareness.org
- Last week of February
 - Monday-Sunday
- *Shining the spotlight on eating disorders by educating the public, spreading a message of hope, and putting lifesaving resources into the hands of those in need.*



www.nationaleatingdisorders.org

Weight Stigma Awareness Week



- Last week of September
– Monday-Friday
- *Helping the broader eating disorders community understand why weight stigma should matter to everyone- all bodies, not only those in higher weight bodies.*

www.nationaleatingdisorders.org

No Diet Day

- May 6
- NEDA Network Organized
- *This movement promotes fighting back against the shame associated with society's standards of beauty and respect for all body shapes and sizes.*

**NO DIET DAY is
MAY 6**

Diets are canceled

Stay tuned for details from #NEDANETWORK
on how you can get involved

Let's end diet culture together!

#NEDANETWORK

#NODIETDAY

www.nationaleatingdisorders.org



COMMUNITY

Feeding Hope Fund

NEDA is committed to providing help and hope to those affected by eating disorders.

To this end, NEDA's Feeding Hope Fund for Clinical Research aims to support projects that will improve the lives of individuals affected by eating disorders.

- Since 2013, the National Eating Disorders Association has awarded over \$1.5 million in research grants
- 2020 Grants
 - New Directions in Online Temperament-based Treatments for Eating Disorders in adolescents.
 - Barriers to Treatment Access Study

Legislative Advocacy

JOIN THE MOVEMENT!

Sign up to join our community and receive updates on how to make your voice heard.

Full Name	*
Address	*
Phone	*
Email	*

SUBMIT

Join the movement to raise awareness about and support those affected by disordered eating and eating disorders!

We are asking you to help us take action to improve the public's understanding of eating disorders—their causes, dangers, treatments, who they affect, and more. Wherever you are in your journey— regardless of your body shape, weight, race, gender identity, ability, religion, socioeconomic status, sexual orientation, or your stage of body acceptance and eating disorder recovery—your experience matters and your voice deserves to be heard. We want to empower everyone to reduce risk factors and help prevention efforts. YOU can be empowered and empower others by signing up to learn about NEDA's efforts and how your voice can help our efforts!

www.nationaleatingdisorders.org

NEDA Walks

OUR FIGHT AGAINST
EATING DISORDERS
NEVER STOPS

#NEDAWalk **REGISTER**



FIND AN EVENT, TEAM, OR PARTICIPANT

-- select an event --

- or -

search for participant or team name

FULL CALENDAR >



www.nationaleatingdisorders.org



Get Involved With NEDA!



To learn more, contact:

- NEDA Helpline:
nationaleatingdisorders.org/helpline
- Email:
info@nationaleatingdisorders.org



www.nationaleatingdisorders.org