

Eating Disorder Awareness Resources

Organizations and Websites

The National Alliance for Eating Disorders is the leading national nonprofit organization providing referrals, education and support for the individuals experiencing eating disorders and their loved ones. They work tirelessly to raise awareness, eliminate secrecy and stigma, promote access to care, and support those susceptible to, currently experiencing, and recovering from eating disorders.

<http://www.allianceforeatingdisorders.com>

Project HEAL exists as a resource for all people struggling with disordered eating in the United States. They believe equity is a restorative process, not an event. In contrast to equality, equity is aimed at a just distribution of resources that acknowledges inherent inequity in our existing systems.

<http://www.theProjectheal.org>

National Eating Disorders Association (NEDA) is a leading eating disorders organization, and works to advance research, community building and awareness to support the nearly 30 million people who will experience an eating disorder in their lifetime. They work to realize a world that better understands and supports by providing those who struggle with resources, compassion and hope.

<https://www.nationaleatingdisorders.org>

Books

- *“8 Keys to Recovery”* by Carolyn Costin and Gwen Schubert Grabb (book and workbook available)
- *“Intuitive Eating”* by Elyse Resch and Evelyn Tribole (book and workbook available)
- *“Goodbye Ed, Hello Me”* by Jenni Schafer
- *“Life Without Ed”* by Jenni Schafer