



Eating Disorder Education, Support and Advocacy Resources

This handout includes trusted, evidence informed resources for individuals, families, and professionals seeking education, support, community, and advocacy related to eating disorders, body image, and mental health.

National Organizations and Advocacy

Academy for Eating Disorders (AED)

Connects physicians, mental health professionals, dietitians, researchers, students, and individuals with lived experience to advance eating disorder research, education, and collaboration.

Alliance for Eating Disorders Awareness

A leading nonprofit focused on outreach, education, early intervention, support, and advocacy for all eating disorders.

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

Provides free, peer-based support services for anyone affected by an eating disorder, regardless of background or identity.

National Eating Disorders Association (NEDA)

The largest nonprofit organization dedicated to supporting individuals and families affected by eating disorders and advancing prevention, treatment access, and research.

Eating Disorders Coalition for Research, Policy and Action

A coalition advancing federal recognition of eating disorders as a public health priority.

Multi Service Eating Disorders Association (MEDA)

Offers education, community-based support, and services for individuals and loved ones at all stages of the recovery journey.

Project Heal

Provides resources and support for individuals in the United States struggling with disordered eating, with a focus on access to treatment.

Support, Community, and Helplines

Chats in the Living Room

Weekly support opportunities hosted by eating disorder experts. Open to both individuals and professionals.

Families Empowered and Supporting Treatment for Eating Disorders (F.E.A.S.T.)

Provides caregiver education, skill building, and community support.

Crisis Text Line

Free, 24/7 text based crisis support and mental health intervention.

Diabulimia Helpline

The first nonprofit dedicated to education, support, and advocacy for individuals with diabetes and eating disorders.

Eating Disorders Anonymous

Recovery Action Network of Michigan (RANMI) hybrid meeting Tuesdays at 7 pm. In-person location 35112 W. Michigan Ave. Wayne, MI 48184. Zoom Info – Meeting ID: 825 8740 9736, passcode: balance. For more information, email info@ranmi.org.

Body Image, Size Inclusivity, and Prevention

About Face

Empowers girls to challenge harmful cultural messages and build confidence and self-advocacy skills.

The Body Positive

Offers programs and community support aimed at fostering body acceptance and freedom from societal body shame.

Body Image Movement

Uses education, storytelling, and media to challenge global body hatred and promote body respect.

Association for Size Diversity and Health (ASDAH)

A nonprofit committed to Health at Every Size® principles and reducing weight stigma.

Medical Students for Size Inclusivity

A community raising awareness of weight bias and discrimination in healthcare.

Podcasts and Media

ED Matters Podcast

Conversations with eating disorder experts covering recovery, treatment, and lived experience across diagnoses.

Food Psych Podcast by Christy Harrison

Challenges diet culture and explores intuitive eating, body trust, and healing from disordered eating.

My Secret Life with an Eating Disorder Podcast

Hosted by a clinician with lived experience, sharing personal stories and recovery focused conversations.

Books and Recommended Reading

Adultish: The Body Image Book for Life

By Dr. Charlotte Markey

A practical, evidence based guide to building body confidence in young adulthood.

Anti Diet

By Christy Harrison

An exploration of diet culture, intuitive eating, and health beyond weight.

Intuitive Eating

By Evelyn Tribole and Elyse Resch

A foundational guide to rejecting diet mentality and rebuilding a healthy relationship with food.

Sick Enough

By Dr. Jennifer L. Gaudiani

A compassionate guide to the medical complications of eating disorders that validates lived experience and supports recovery.

Fearing the Black Body

By Sabrina Strings

An examination of the racial and historical roots of fat phobia.

Eating Disorders Don't Discriminate

Edited by Chukwuemeka Nwuba and Bailey Spinn

A collection of diverse personal stories highlighting the varied experiences of eating disorders and recovery.

This resource list is intended for educational purposes and is not a substitute for professional treatment.