

GET INVOLVED

How to Host an Eating Disorder Screening



Use this guide to organize an eating disorder screening on your campus, community center or workplace. It's easy to do and has a big impact – early detection and intervention offer the best chance at full recovery.



How to Host an Eating Disorder Screening Event

NEDA now offers an easy-to-use online screening tool, in partnership with Screening for Mental Health Inc., perfect for holding an eating disorder screening event on campus, in hospitals, community centers, or anywhere internet access is available! Since the online tool has become available, over 41,000 people have taken the screening and have received resources to seek out help for themselves if needed.

Follow these simple guidelines to ensure a successful, safe, and confidential screening event to bring attention to the seriousness of eating disorders, and direct those who may be struggling to the help they need.

**This eating disorder screening is not diagnostic, but rather a self-assessment of whether an individual experiences symptoms consistent with an eating disorder, and includes follow-up referral resources for an evaluation by an eating disorders specialist.*

Steps to Hosting an Event:

Pick a location. Choose a high-traffic place with space to set up an eating disorder information display table, and a nearby station for at least one internet-enabled computer (several stations would be ideal). If you are already holding a NEDAwareness Week event – such as a panel discussion, film screening, presentation or life-size Barbie display – plan to have an area designated for a booth to offer resources and an online screening station.

Resources to have available:

- NEDAwareness Week Informational Handouts
- NEDA Brochures
- NEDA Helpline Information
- NEDAwareness Key Messages

Ensure screenings offer privacy and confidentiality. If possible, use an adjacent semi-private area to set up computers or laptops (i.e. classroom, office space, closed meeting room, etc.). If you have multiple computers available, make sure seating does not offer a view to another's screen. It is suggested to have single rows of computers, separated by barriers to offer privacy.

Notify local treatment providers about your event. Be sure to inform local or campus mental health service providers about your event, so they can help promote and be aware of potential increases in service utilization. Invite them to provide pamphlets or other materials about treatment options and support resources in your community for the resources table.

Promote your event. Post your event on the NEDAwareness Week website, community event calendars and in relevant newsletters or school newspapers. Create an event flyer with the NEDAwareness Week logo, and distribute them in your community. All materials are free to download from the NEDAwareness Week website, NEDAwareness.org.

Offer information about eating disorders. Get your NEDAwareness Week materials ready by visiting the NEDAwareness Week website to download free resources. Examples include posters, facts & stats, local eating disorder awareness events and more. Additional materials are available for purchase.

Set up all screening computer stations to default to the NEDA online screening URL:
www.mentalhealthscreening.org/screening/NEDA