



Alumni and Community Resources

We understand how much effort it takes to strengthen your resilience, especially outside of the structured treatment program. So we're here to support you. Eating Recovery Center (ERC) and Insight Behavioral Health Centers (Insight) offer resources and events for ongoing support to individuals throughout their journey.



Continued Connection

Check-ins at one-week, one-month, six-months and one-year post discharge to encourage alumni and help in any way needed!



Free Support Groups

In-person and virtual groups across the U.S. for a way to connect with peers and clinicians in a recovery-focused environment.

EatingRecovery.com/Alumni/Support-groups



Social Media

Join our supportive online communities to receive support, inspiration and updates about resources and events.



Blogs and Articles

Stories and information to support individuals on their path to mental wellness.

EatingRecovery.com/blog



Say It Brave

A free inclusive community supporting mental wellness and honoring the courage it takes to own your own story.

EatingRecovery.com/SayItBrave



Binge Eating Connection

An online community inspiring people to share experiences, tips for recovery, and information about their struggle with binge eating disorder.

facebook.com/BingeEatingConnection



Mental Note Podcast

Hope-filled episodes to provide education and inspiration.

MentalNotePodcast.com



Events

Local, regional and national events for alumni, family, support persons and community members.

EatingRecovery.com/Alumni/Events

Resources for Support Persons

Family and support persons have a very important role in their loved one's recovery from eating, mood and anxiety disorders. ERC/Insight offers information and community to support you and help you encourage your loved one on their recovery journey.



Family Support Center

The Family Support Center is an online portal for family members and caregivers that provides encouragement through trustworthy information, success stories, and a forum to connect with other ERC families.

[EatingRecovery.com/Families/Portal/Welcome](https://www.EatingRecovery.com/Families/Portal/Welcome)



Resource Center

Filled with tips, tools, and information to educate and inform you on how to take care of your loved one – and yourself.



Eating Disorders Family Connection (EDFC)

A Facebook based community open to any family member or support person of a loved one with an eating disorder, regardless of that person's treatment or recovery status. Masters-level clinicians moderate and validate the community and the information shared.



Meal Management

Knowing how to encourage a loved one in eating disorder recovery can be challenging, especially regarding meals. We can help you understand the illness and how to best support the person in recovery.



The Recovery Cookbook

ERC's dietician tested and approved cookbook provides recipes with the information you need as a guide to create balanced meals in support of your loved one's lasting recovery.



Success Stories

Overcoming an eating disorder and managing your mental health is hard work and takes time. Success stories from brave alumni and families show that full and lasting recovery is possible.



Social Media

ERC/Insight has built online communities that are open and welcoming. Connect to others with similar experiences and help raise awareness, reduce stigma, and inspire hope.



Events

Eating Recovery Center / Insight Behavioral Health Centers offer a wide variety of events and family education throughout our communities. Please connect with us on social media to see the latest calendar and plan to join us.

