



## Additional resources



### Academy for Eating Disorders

[www.aedweb.org](http://www.aedweb.org)

A professional organization for healthcare professionals in the eating disorders field. The academy promotes research, treatment, and prevention of eating disorders. Their Web site lists current clinical trials and general information about eating disorders.

### A Chance to Heal Foundation

[www.achancetoheal.org](http://www.achancetoheal.org)

This foundation, based in southeastern Pennsylvania, was established to provide financial assistance to individuals with eating disorders who might not otherwise receive treatment or reach full recovery due to their financial circumstances. The organization's mission also focuses on increasing public awareness and education about eating disorders and advocating for change to improve access to quality care for eating disorders.

### Anna Westin Foundation

[www.annawestinfoundation.org](http://www.annawestinfoundation.org)

This organization was founded in memory of a child who died from bulimia complications. It provides advocacy, education, speakers, and resources about eating disorders, treatment, and navigating the health insurance system. The Anna Westin Foundation and Methodist Hospital Eating Disorders Institute partnered to establish a long-term residential eating disorder treatment program for women in Minnesota.

### Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED)

[www.anred.com](http://www.anred.com)

An organization providing information about anorexia nervosa, bulimia nervosa, binge-eating disorder, and other lesser-known food and weight disorders, including self-help tips and information about recovery and prevention.

### American Psychiatric Association (APA)

[www.healthyminds.org](http://www.healthyminds.org)

A website that provides mental health information, including warning signs, symptoms, treatment options, and preventative measures.

### Eating Disorders Coalition for Research, Policy & Action

[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org)

A coalition with representatives of various eating disorder groups. This organization focuses on lobbying the federal government to recognize eating disorders as a public health priority.

### Eating Disorder Recovery Center

[www.edrecover.com](http://www.edrecover.com)

The Eating Disorder Recovery Center's mission is to financially assist individuals with eating disorders, and their family members, to attain treatment.

### Eating Disorder Referral and Information Center

[www.edreferral.com](http://www.edreferral.com)

This is a sponsored site with a large archive of information on eating disorders and referral information to treatment centers.

### ECRI Institute

[www.bulimiaguide.org](http://www.bulimiaguide.org)

A resource for supporting a family member or friend with bulimia nervosa.

### The Harris Center, formerly the Harvard Eating Disorders Center

[www.harriscentermgh.org](http://www.harriscentermgh.org)

A national nonprofit organization dedicated to research and education, as well as seeking to expand knowledge about eating disorders and their detection, treatment, and prevention.

### International Association of Eating Disorders Professionals (IAEDP)

[www.IAEDP.com](http://www.IAEDP.com)

IAEDP offers nationwide education, training, certification, and a semiannual conference for practitioners who treat people with eating disorders.





### **National Alliance on Mental Illness (NAMI)**

[www.nami.org](http://www.nami.org)

A national grassroots mental health organization dedicated to improving the lives of people living with serious mental illness and their families.

### **National Association of Anorexia Nervosa and Associated Disorders (ANAD)**

[www.anad.org/site/anadweb](http://www.anad.org/site/anadweb)

This organization seeks to alleviate the problems of eating disorders by educating the public and healthcare professionals, encouraging research, and sharing resources on all aspects of these disorders. ANAD's Web site includes information on finding support groups, referrals and treatment centers, advocacy, and background on eating disorders.

### **The National Association for Males with Eating Disorders, Inc. (N.A.M.E.D.)**

[www.namedinc.org](http://www.namedinc.org)

N.A.M.E.D. is dedicated to offering support to and public awareness about males with eating disorders.

### **National Eating Disorders Association (NEDA)**

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

NEDA is the largest not-for-profit organization in the United States working to prevent eating disorders and provide treatment referrals to those who feel extremely dissatisfied with body image and weight.

### **National Women's Health Information Center**

[www.4women.gov](http://www.4women.gov)

The National Women's Health Information Center is a government agency with free health information for women.

### **Perfect Illusions**

[www.pbs.org/perfectillusions/index.html](http://www.pbs.org/perfectillusions/index.html)

These Public Broadcasting System (PBS) web pages are based on a NOVA television program documentary. The site provides information on eating disorders with personal stories and links to treatment resources.

### **Something Fishy**

[www.something-fishy.org](http://www.something-fishy.org)

This Web site gives detailed information on most aspects of eating disorders: defining them, preventing them, finding treatments, and paying for recovery. Useful links to related articles and stories are provided.

### **Voices not Bodies**

[www.voicesnotbodies.org](http://www.voicesnotbodies.org)

An all-volunteer organization dedicated to eating disorders awareness and prevention.

### **Web sites to beware of**

Some Web sites actually encourage people to become bulimic or to maintain their bulimic behavior by giving tips and emotional support on binge eating and purging/nonpurging behaviors. These sites are called "pro-mia" for "promoting or proactive bulimia nervosa" and there are also pro-ana (pro-anorexia) sites. A recent study estimated that pro-ana and pro-mia Web sites outnumber pro-recovery sites at a ratio of 5 to 1, so it is likely that any web search for support sites will turn up some pro-mia sites as well. The sites show pictures of very thin supermodels or "thinspiration" intended to invoke the desire to lose more weight. They encourage the behavior through chat rooms, poems, weight loss diaries, and personal stories. Although most of these sites give explicit warnings that they are pro-ana or pro-mia and may contain triggers for relapse, it is still very important to be aware of them because they may pose a threat to anyone who is in recovery. Many of these sites are transient and new ones emerge as older sites disappear online.

### **Links to useful articles that warn about pro-mia and pro-ana sites**

[www.womensenews.org/article.cfm/dyn/aid/1529/context/archive](http://www.womensenews.org/article.cfm/dyn/aid/1529/context/archive)

[www.aboutkidshealth.ca/ofhc/news/FTR/4417.asp](http://www.aboutkidshealth.ca/ofhc/news/FTR/4417.asp)

[www.sirc.org/articles/totally\\_in\\_control.shtml](http://www.sirc.org/articles/totally_in_control.shtml)

[www.time.com/time/health/article/0,8599,169660,00.html](http://www.time.com/time/health/article/0,8599,169660,00.html)

[www.webmd.com/content/article/109/109381.htm](http://www.webmd.com/content/article/109/109381.htm)

[www.firstcoastnews.com/printfullstory.aspx?storyid=27567](http://www.firstcoastnews.com/printfullstory.aspx?storyid=27567)

[query.nytimes.com/gst/health/article-printpage.html?res=9804E7DC1238F934A35755C0A9639C8B63](http://query.nytimes.com/gst/health/article-printpage.html?res=9804E7DC1238F934A35755C0A9639C8B63)