



## Useful online resources for eating disorders



### Academy for Eating Disorders

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

An 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 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 performs advocacy, education, and speakers, and provides 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.

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

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

### 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 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 Bulimia Resource Guide for Families

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

ECRI Institute, an independent, nonprofit healthcare research organization, researching the best ways to improve patient care. ECRI Institute produces evidence-based information about healthcare for patients and families, including the Web site listed above. The Institute is designated an Evidence-based Practice Center by the U.S. Agency for Healthcare Research and Quality and a Collaborating Center of the World Health Organization.

### Maudsley Parents

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

Maudsley Parents is an independent, nonprofit, volunteer organization of parents. The Maudsley approach is an evidence-based treatment for eating disorders. In Maudsley treatment, parents play a key role in helping their child recover.

### National Alliance on Mental Illness

[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, treatment centers, advocacy, and background on eating disorders.





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

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

This organization is the largest non-profit organization in the United States dedicated to supporting those affected by eating disorders and being a catalyst for prevention, cures and access to quality care. NEDA develops prevention programs for a wide range of audiences, publishes and distributes educational materials, operates a toll-free eating disorders Information and Referral Helpline which links callers to vital information and treatment. The searchable database of treatment providers throughout the U.S. and Canada is also available on the website.

### **Perfect Illusions**

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

These Public Broadcasting System 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.