

# NATIONAL EATING DISORDERS AWARENESS WEEK

February 22 - 28, 2021

#NEDAwareness



## COLLABORATORS PACKET

*EVERY BODY HAS  
A SEAT AT THE TABLE*



## NATIONAL EATING DISORDERS AWARENESS WEEK 2021

### About NEDAwareness Week

National Eating Disorders Awareness Week ([#NEDAwareness](#)) is the largest and best-known eating disorders outreach effort across the nation. In 2021, NEDAwareness Week will take place **Monday, February 22 - Sunday, February 28**.

The goal of NEDAwareness Week is to shine the spotlight on eating disorders by educating the public, spreading a message of hope, and putting life-saving resources into the hands of those in need. In the United States, 30 million people will be affected by an eating disorder at some point in their lives, but myths and misinformation still keep people from getting the help they need.

During NEDAwareness Week, communities across the country join NEDA to raise awareness through social media campaigns, virtual roundtable discussions, building lightings, and more activities.

With the support of partners like you, we can make sure that help is available and recovery is possible for everyone.

### 2021 Theme - Every Body Has a Seat at the Table

This NEDAwareness Week, we invite *Every Body to Have a Seat at the Table*. In a field where marginalized communities continue to be underrepresented, we welcome conversations on raising awareness, challenging systemic biases and sharing stories from all backgrounds and experiences.

### NEDAwareness Week Collaborators

In 2020, 424 individuals and organizations signed on as official collaborators. [Click here](#) for collaborator materials.

### The Role of NEDAwareness Week Collaborators

NEDAwareness Week is a collective effort of volunteers, including eating disorders professionals, health care providers, students, educators, social workers, organizations, and individuals committed to raising awareness of eating disorders. The impact of increased outreach efforts leads to a greater chance of people seeking out resources and help for an eating disorder, which ultimately saves lives.

Collaborators are also welcome to get creative with their participation by [hosting their own events](#) and activities.



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### How Do Collaborators Participate?

Collaborators engage in our [#NEDAwareness](#) social media campaign, host creative events and provide critical information and resources to their communities. We encourage everyone to highlight the need for early intervention by sharing the online eating disorders screening tool with their networks: [nationaleatingdisorders.org/screening](http://nationaleatingdisorders.org/screening)

#### Additional opportunities to spread #NEDAwareness include:

- Share NEDAwareness Week blog posts, graphics, virtual events, and other resources with your community.
- Spread the message about NEDAwareness Week by highlighting it on your website or linking to [nedawareness.org](http://nedawareness.org).
- Participate in the conversation on social media by tagging your posts with [#NEDAwareness](#) on Twitter, Facebook, Instagram, and TikTok.
- [Light up your business in blue and green!](#) Be counted among the many landmarks around the nation that are going blue and green for NEDAwareness Week in February.
- Publish a blog or news article about eating disorders with a focus on sharing inclusive stories.
- Host an awareness or fundraising event, and [add it to our database](#).

You can find everything you'll need at  
[nedawareness.org](http://nedawareness.org)

### NEDAwareness 2021 Collaborator Sign-Up

Whichever way you choose to collaborate, your participation in NEDAwareness Week is critical. With your help we can reach a broader scope of communities, amplify our collective voice, and increase help seeking behaviors.

If you are ready to join in the effort, [click here to complete NEDA's collaborator registration form.](#)

Once your [NEDAwareness 2021 Collaborator form](#) submission is received and reviewed, you will receive an email confirming your organization's collaboration, and your organization's name and website link will be listed on our campaign website.

Questions? Visit [nationaleatingdisorders.org](http://nationaleatingdisorders.org) for eating disorders information and resources.



## NATIONAL EATING DISORDERS AWARENESS WEEK 2021

### Campaign Links

**[NEDAwareness.org](https://www.nationaleatingdisorders.org)** The official hub for NEDAwareness Week 2021. Includes resources for education on eating disorders, shareable information, event guides, how to find events, where to go for help and much more.

**Social Media Toolkit** ([nationaleatingdisorders.org/nedaw2021toolkit](https://www.nationaleatingdisorders.org/nedaw2021toolkit)): Join the conversation about food, body image, and exercise issues on social media. Let's bust myths, reflect on our personal journeys, and point people to support and resources. Don't forget to use our campaign hashtag, #NEDAwareness, and follow us on [Facebook](#), [Twitter](#), [Instagram](#), [LinkedIn](#), [YouTube](#), [Pinterest](#) and [TikTok](#).

**NEDA's Online Confidential Screening Tool** ([nationaleatingdisorders.org/screening](https://www.nationaleatingdisorders.org/screening)): This screening tool is not diagnostic, but evaluates thoughts & behaviors that may be associated with eating disorders. Local resources are generated for each user.

**NEDA Helpline** ([nationaleatingdisorders.org/helpline](https://www.nationaleatingdisorders.org/helpline)): Trained volunteers are available to assist in locating resources for anyone who may be struggling with an eating disorder. All calls, chats, and texts are confidential. The [click to chat](#) function or texting is available if you prefer instant messaging the Helpline instead of speaking to a volunteer over the phone.

