Eating disorders include anorexia nervosa, bulimia nervosa, binge eating disorder, and OSFED (other specified feeding or eating disorder). Food, exercise, and body image issues come in all shapes and sizes—everyone deserves the chance to get help.

Anyone can develop an eating disorder regardless of gender, age, race, ethnicity, culture, size, socioeconomic status, or sexual orientation.

Through increased awareness, early intervention, and improved access to treatment, we can confront these serious illnesses and provide those in need with essential programs and services.

The National Eating Disorders Association (NEDA) supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures, and access to quality care.

As the leading not-for-profit organization in the United States advocating on behalf of and supporting those affected by eating disorders, NEDA’s lifesaving programs reach millions every year.

Eating disorders are not fads, phases, or lifestyle choices—they are real, complex medical and psychiatric illnesses that can have serious consequences for health, relationships, and overall quality of life.
PROGRAMS & SERVICES

LEARN
The Feeding Hope Fund for Clinical Research provides grants to clinical researchers focusing on innovative treatment, prevention, and training research.

The regional NEDA Conferences bring together families, people in recovery, and professionals to learn, connect, and support one another.

NEDA Toolkits provide accessible information and resources on a variety of issues surrounding eating disorders.

The Body Project is an early intervention program for high school and college-aged women that provides tools and skills to confront unrealistic beauty ideals and develop healthy body image and self-esteem.

FIND HELP AND SUPPORT
The NEDA Information & Treatment Option Helpline is a toll-free, confidential national helpline (800-931-2237) that provides treatment options, insurance guidance, and many more resources to those in need.

The Loss Support Network connects those who have lost a loved one to an eating disorder to provide support to each other.

The Online Eating Disorder Screening assesses warning signs of an eating disorder. This screening is not a replacement for clinical evaluation.

The Parent, Family & Friends Network (PFN) offers encouragement, support, and hope to those whose loved ones are struggling with an eating disorder.

AWARENESS AND ADVOCACY
NEDA Walks unite communities and raise awareness and vital funds to support NEDA’s programs and services.

National Eating Disorders Awareness Week (NEDAwareness Week) provides information, resources, and messages promoting early intervention, hope, and recovery for the largest eating disorders outreach effort in the nation.

The NEDA Advocacy Program advocates and encourages others to advocate for eating disorders legislation at the state and federal levels.

CONTACT HELPLINE
Call or chat for resources and treatment options.

800-931-2237
www.nationaleatingdisorders.org/helplinechat
info@nationaleatingdisorders.org
text ‘NEDA’ to 741-741 for 24/7 crisis support

DEVASTATING ILLNESSES WITH SERIOUS CONSEQUENCES.
Anorexia nervosa has the highest mortality rate of any mental illness.

Binge eating disorder has strong associations with depression, anxiety, guilt, and shame.

Bulimia nervosa can lead to electrolyte and chemical imbalances that affect the heart, possibly leading to heart failure.

RECOVERY IS POSSIBLE. HELP IS AVAILABLE.
For information, resources, and to get involved, visit:
www.nationaleatingdisorders.org