

ANAD VIRTUAL RESOURCES

(click on each header to access)

ANAD HELPLINE

Call 630-577-1330 for help finding treatment, questions, or encouragement and support during Monday through Friday
9 - 5 CST

ANAD GUIDE SERIES

Free literature on topics including: Binge Eating, Eating Disorders and Pregnancy, Treatment Center Discharge, and "Support At Every Stage: A Guide For Loved Ones of Adults with Eating Disorders"

ANAD MENTORSHIP PROGRAM

Our recovery mentorship program pairs someone who has recovered from an eating disorder with someone currently in recovery in order to help support them through recovery.

ANAD ONLINE SUPPORT GROUPS

A list of our organization's permanent online support groups.

ANAD'S LIST OF ONLINE RESOURCES

A list put together by ANAD of all the telehealth services our partners are doing in addition to other online or virtual support resources.

