

YOUR FUTURE IS WORTH FIGHTING FOR!

ANAD
THE NATIONAL ASSOCIATION OF
ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

ANAD'S FREE SUPPORT SERVICES



ANAD Eating Disorder Support Groups make it easy to get in-person support from your peers in recovery and can help prevent relapses.

ANAD Recovery Mentors help guide and support those in recovery by sharing their own recovery experiences. Recovery is real. Mentors are living proof.



The **ANAD Helpline** offers assistance in identifying eating disorder support near you, and a warm voice when you need it. If you would like to be connected to a professional or support group, call the Helpline at: **630-577-1330**.

The **ANAD Approach Guide Series** aims to provide information on the world of eating disorders. Currently, we have free, downloadable guides aimed at Educators, about Binge Eating Disorder, Pregnancy, and the reality of life after treatment.



JOIN US AT [ANAD.ORG](https://anad.org)



GET INVOLVED

1. **VOLUNTEER** as a Recovery Mentor!

Have you recovered from an eating disorder and want to support someone working on their own recovery? Our Recovery Mentorship Support Service is a great place to start! As a mentor, you understand and serve as proof that recovery is possible! One-on-one peer support helps those in recovery feel understood so they stay committed to recovery. ANAD offers training to help you connect with someone who needs your support.

Contact hello@anad.org or visit anad.org to get started.

2. **LEAD** a Support Group!

Community support is a critical part of recovery, and you can help us offer that wherever you are! Support groups are the foundation of ANAD's services because of the opportunity to share and hear stories of recovery in a safe space. ANAD support group leaders are counselors, teachers, and anyone else willing to donate their time and expertise. ANAD offers training so you can start a group for your community.

Contact hello@anad.org or visit anad.org to get started.

3. **SHARE** your Recovery Story!

We believe that everyone with an eating disorder has a recovery story, and that your story will change and evolve just like you do during your recovery journey. We encourage EVERYONE with an eating disorder, no matter what stage of recovery you're in, to share your story with us. Stories are powerful, and yours may encourage someone else to seek and stay on their recovery journey.

Contact hello@anad.org to tell us your story and you may be featured in an upcoming newsletter or blog post.

4. **DONATE** and save a life!

We put our money where our mission is. All donations to ANAD go directly towards continuing to provide our free support services for those in eating disorder recovery.

Donate to ANAD at:
anad.org/donate

5. **KEEP IN TOUCH** and become a part of our recovery community!