

#NEDAawareness

COME AS YOU ARE

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Recovery includes setbacks. Stress, discrimination, and diet culture can hit us all hard, especially if you're multiply marginalized. That doesn't mean your recovery is over or broken. Don't beat yourself up – reach out to supports and ask for help.

– NOOR P.

30 million Americans will struggle with a full-blown eating disorder and millions more will battle food and body image issues that have untold negative impacts on their lives.

No one has to struggle alone. Learn More, Get Screened, & Find Help: nationaleatingdisorders.org

