

EATING DISORDER RESOURCES

Resources for first steps:

[Where do I start](#)

[Sharing Your Concerns About Your Eating Behavior](#)

[How To Disclose Your Eating Disorder To Friends & Loved Ones](#)

[How to Tell Someone You Have an Eating Disorder](#)

Helplines and support groups:

[National Eating Disorder Helpline](#)

[Eating Disorder Recovery Support](#)

[National Association of Anorexia Nervosa and Associated Disorders](#)

[Online support groups](#)

Financial Support:

[Project HEAL: Help to Eat, Accept, and Live](#)

[The Manna Fund](#)

[Moonshadows Spirit](#)

The eating disorder helplines can be great resources for more guidance and direction. Here are their hours of operation and direct numbers:

ANAD Helpline
open M - F from 9am - 5pm CST.
Call 630-577-1330

National Eating Disorder Helpline
open M - Th 9am - 9pm
and Friday 9am - 5pm EST
Call 1-800-931-2237

If you are struggling with an eating disorder or your relationship with food, please feel free to email me at christa@cocumelliwellnesscollective.com for further support.