

# Eating Disorder Resources

## **UChicago Medicine Eating Disorders Program**

Provides outpatient services to individuals with eating disorders.

<https://www.uchicagomedicine.org/conditions-services/psychiatry-and-psychology/eating-disorders-program>

## **National Eating Disorders Association (NEDA)**

Helpline that offers support, resources, and treatment options.

Monday-Thursday 10:00AM-8:00PM

(800) 931-2237

Friday 10:00AM-4:00PM

## **The Awakening Center – Drop-In Eating Disorders Anonymous (EDA)**

12-step support group that discusses struggles and successes with others in recovery.

Wednesdays 8:00PM-9:00PM

<http://www.awakeningcenter.net/drop-in-and-therapy-groups.html>

\$5 suggested donation

## **National Association of Anorexia Nervosa and Associated Disorders (ANAD)**

Offers multiple virtual support groups.

<https://anad.org/our-services/about-our-support-groups/>