

# 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

Helpline that offers support, resources, and treatment options. Translation services available.

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.

Meetings are over Zoom.

Wednesdays 8:00PM-9:00PM

[http://www.awakeningcenter.net/drop-in-and-](http://www.awakeningcenter.net/drop-in-and-therapy-groups.html)

\$5 suggested donation

[therapy-groups.html](http://www.awakeningcenter.net/drop-in-and-therapy-groups.html)



## National Association of Anorexia Nervosa and Associated Disorders

Offers multiple virtual support groups. Register using the online form below.

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