

NEDA TOOLKIT for Educators

Useful online resources for eating disorders

Academy for Eating Disorders (AED)

www.aedweb.org

An organization for healthcare professionals in the eating disorders field. The academy promotes research, treatment, and prevention of eating disorders. Their website lists current clinical trials and general information about eating disorders.

Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED)

www.anred.com

An organization providing information about anorexia nervosa, bulimia nervosa, binge-eating disorder, and other lesser-known food and weight disorders. ANRED resources include self-help tips and information about recovery and prevention.

American Psychiatric Association (APA)

www.psychiatry.org

A website that provides mental health information, including warning signs, symptoms, treatment options, and preventative measures.

Binge Eating Disorder Association (BEDA)

www.bedaonline.com

An organization focused on providing leadership, recognition, prevention, and treatment of BED and associated weight stigma.

Eating Disorders Coalition for Research, Policy & Action

www.eatingdisorderscoalition.org

A coalition with representatives from various eating disorder groups. This organization focuses on lobbying the federal government to recognize eating disorders as a public health priority.

Eating Disorder Referral and Information Center

www.edreferral.com

This is a sponsored site with a large archive of information on eating disorders and treatment centers referral information.

ECRI Institute

www.bulimiaguide.org

A resource for supporting a family member or friend with bulimia nervosa.

The Emily Program Foundation

emilyprogramfoundation.org/

This nonprofit organization provides eating disorders-related support and raises awareness.

International Association of Eating Disorders Professionals (IAEDP)

www.iaedp.com/

IAEDP offers nationwide education, training, certification, and a symposium for practitioners who treat people with eating disorders.

National Alliance on Mental Illness (NAMI)

www.nami.org/

A national grassroots mental health organization dedicated to improving the lives of people living with serious mental illness and their families.

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

www.anad.org

This organization seeks to alleviate the problems of eating disorders by educating the public and healthcare professionals, encouraging research, and sharing resources on all aspects of these disorders. ANAD's website includes information on finding support groups, referrals and treatment centers, advocacy, and background on eating disorders.

The National Association for Males with Eating Disorders, Inc. (N.A.M.E.D.)

www.namedinc.org

N.A.M.E.D. is dedicated to providing support for males affected by eating disorders, providing access to collective expertise, and promoting the development of effective clinical intervention and research in this population.

National Eating Disorders Association (NEDA)

www.nationaleatingdisorders.org

NEDA is the largest not-for-profit organization in the United States working to support individuals and families affected by eating disorders and serve as a catalyst for prevention, cures, and access to quality care.

National Institute of Mental Health (NIMH)

www.nimh.nih.gov/index.shtml

NIMH is a government agency that supports research on mental health through grants and internal research efforts. NIMH's mission is to transform the understanding and treatment of mental illness.

Office on Women's Health (OWH)

www.womenshealth.gov/

The National Women's Health Information Center is a government agency with free health information for women.

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Perfect Illusions

www.pbs.org/perfectillusions/index.html

These Public Broadcasting System (PBS) webpages are based on a NOVA television program documentary. The site provides information on eating disorders with personal stories and links to treatment resources.

Project HEAL

www.theprojectheal.org/

Project HEAL: Help to Eat, Accept and Live is a 501(c) not-for-profit organization that provides scholarship funding for people with eating disorders who cannot afford treatment.

Websites to Beware of

Some websites actually encourage people to become bulimic or to maintain their bulimic behavior by giving tips and emotional support on binge eating and purging or restricting behaviors. These sites are called “pro-mia” for “promoting or proactive bulimia nervosa” and there are also pro-ana (pro-anorexia) sites.

Web searches for support sites may turn up pro-mia or pro-ana sites as well. The sites show pictures of very thin supermodels or “thinspiration” intended to

invoke the desire to lose more weight. They encourage the behavior through chat rooms, poems, weight loss diaries, and personal stories. Although most of these sites give explicit warnings that they are pro-ana or pro-mia and may contain triggers for relapse, it is still very important to be aware of them because they may pose a threat to anyone who is in recovery. Many of these sites are transient and new ones emerge as older sites disappear online.