

Resources for People Dealing with Food or Eating Related Mental Health Symptoms *

This collection of resources is for people who are dealing with food-related or eating-related mental health symptoms, put together by people who have had these experiences.

* We know that some people have been diagnosed with an eating disorder, with disordered eating, or with another mental health condition and may or may not identify with those labels, and that some people have not been diagnosed but are struggling with food or eating - this resource collection is for anyone who feels they could use more support!

View this resource list online: www.namimass.org/foodandeating.

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Looking for more resources? Reach out to our Compass Helpline at NAMI Massachusetts! The Compass Helpline is available Monday through Friday, 10 am to 6 pm. Call us at 617-704-6264, email us at compass@namimass.org, or schedule a call with us. Learn more about the Compass Helpline at NAMI Massachusetts: www.namimass.org/compass.



Support Groups

Find support within these spaces for people who are dealing with food-related or eating-related mental health symptoms.

Eating Disorders- Virtual Peer Support Group

<https://www.paywhatyoucanpeersupport.com/eating-disorders>

For those struggling with Anorexia, Bulimia, Body Dysmorphic Disorder or those simply wanting to talk about their body image, all are welcome. We don't talk about our weight or list any kind of numbers so as to not affect the feelings of others by comparing. Hosted by Pay What You Can Peer Support.

Eating Disorder Peer Support Groups

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

Hosted by ANAD, these support groups provide a free, virtual space where people can come together and find community in recovery. This community fills a gap in care, providing an accessible space for those who are struggling.

Eating Disorder Support Groups

<https://centerfordiscovery.com/groups/>

Free online support groups for anyone who has been impacted by an eating disorder. Groups are intended to provide peer support and are not a substitute for treatment. Hosted by Center for Discovery.

Home in Our Bodies

<https://kivacenters.org/peer-support-groups/in-person-worcester/>

This group talks about our bodies through a neutral lens. We talk about our own individual

struggles with eating disorders of all kinds, diet culture, fat liberation, and trauma around this. All bodies of any size or shape are welcome. Hosted by Kiva Centers in person in Worcester.

Recovery Support Groups

<https://www.allianceforeatingdisorders.com/groups/>

Free, therapist-led support groups for eating disorders. Hosted by the National Alliance for Eating Disorders.

Sage and Spoon

<https://www.nalgonapositivitypride.com/sage-and-spoon>

Free online monthly peer support group for Black, Indigenous, People of Color (BIPOC) folks struggling with disordered and body-image. Hosted by Nalgona Positivity Pride.

Online Communities

These online communities for people who are dealing with food-related or eating-related mental health symptoms are a good source for asynchronous support.

Eating Disorder Harm Reduction

<https://www.nalgonapositivitypride.com/eating-disorder-harm-reduction-community-circle-1>

The Eating Disorder Harm Reduction (EDHR) Community Circle's goal is to provide a supportive environment where we can embrace versatile and innovative approaches to eating disorder support. We are here to provide an intentional space where everyone can be themselves without fear of shame or pressure. We firmly believe that every individual deserves access to education and support, free from any form of coercion. We are committed to creating a space away from the eating disorder treatment industry to enhance our mutual aid skills and the sacred witnessing of the twists and turns of your journey.

Eating Disorders

<https://www.reddit.com/r/EatingDisorders/>

A community dedicated to providing support, resources, and encouragement for individuals dealing with eating disorders. Whether you're in recovery, supporting a loved one, or seeking information, this subreddit is a supportive space with the aim to provide you with the support you need.

Eating Disorders Anonymous

<https://www.reddit.com/r/EDAnonymous/>

A public subreddit for discussing the struggles of having an eating disorder. Much like an Alcoholics Anonymous or Narcotics Anonymous group, we offer emotional support and harm reduction but no encouragement of furthering ED behaviors.

Recovery Café

<https://disboard.org/server/534111406128365592>

We're a small tight knit community working towards education about body positivity and eating disorders and to support those who are currently recovering from eating disorders. We welcome anyone that has any eating disorder, not just specific ones. You don't have to be recovering currently to participate in our server (but we do require that you aren't toxic to the people who are recovering).

Resources for Supporters

Check out these resources for supporters of people dealing with food-related or eating-related mental health symptoms.

Families Empowered and Supporting Treatment of Eating Disorders (FEAST)

<https://feast-ed.org/>

FEAST provides support, education, and community for families of people affected by eating disorders.

Eating Disorder Caregiver & Sibling Support Groups

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

Hosted by ANAD, these support groups provide a free, virtual space where people can come together and find community in recovery.

Friends & Family Support Groups

<https://www.allianceforeatingdisorders.com/groups/>

Free, therapist-led support groups for eating disorders. Hosted by the National Alliance for Eating Disorders.

Other Resources

Check out these additional resources about dealing with food-related or eating-related mental health symptoms.

Academy for Eating Disorders

<https://www.aedweb.org/>

Eating Disorder Coalition

<https://www.eatingdisorderscoalition.org/>

Eating Disorder Hope

<https://www.eatingdisorderhope.com/>

National Alliance for Eating Disorders

<https://www.allianceforeatingdisorders.com/>

National Association of Anorexia Nervosa and Associated Disorders

<https://anad.org/>

National Eating Disorders Association

<https://www.nationaleatingdisorders.org/>