**EATING DISORDER RESOURCES**

For Patients and Families

**GENERAL RESOURCES**

NEDA — National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Information about levels of care and types of psychotherapy

<https://www.nationaleatingdisorders.org/types-treatment>

**VIRTUAL SUPPORT GROUPS**

*For people in treatment/recovery and for family & friends*

NEDA

<https://www.nationaleatingdisorders.org/neda-network-virtual-support-groups>

Center for Discovery  
<https://centerfordiscovery.com/groups/>

The Eating Disorder Foundation

<https://eatingdisorderfoundation.org/get-help/support-groups/>

**The Lotus Collaborative**

<https://www.thelotuscollaborative.com/online-supporters-group.html>

**Alsana**

<https://www.alsana.com/online-support-group/>