

Resources for Eating Disorders

Learn more about eating disorders:

- [National Association of Anorexia Nervosa and Associated Disorders](#)
- [National Association for Males with Eating Disorders](#)
- [National Eating Disorders Association](#)
- [National Institute of Mental Health](#)

What can you do if you or somebody you know has an eating disorder?

Seeking treatment for an eating disorder is critical. Read about the various treatment options below:

- [National Institute of Mental Health](#)
- [National Eating Disorders Association](#)
- [American Psychological Association \(APA\) Locator](#)
- [HelpPro Therapist Locator](#)
- [Eating disorder support groups](#)
- [Online support for friends and families](#)

Call these eating disorder-specific hotlines if you need assistance:

- National Association of Anorexia Nervosa and Associated Disorders (ANAD).....630-577-1330
- National Eating Disorders Association (NEDA)800-931-2237

Emergency situations: If you are experiencing a crisis please call 911 or one of the numbers listed below, or go to the emergency department at the nearest hospital.

National:

National Suicide Prevention Lifeline..... 800-273-8255
National Hopeline Network800-784-2433

Local:

Philadelphia Suicide and Crisis Intervention Hotline215-686-4420
Chester County Crisis Intervention Service877-918-2100
Delaware Co. Emergency Psychiatric Crisis Service610- 447-7600
Montgomery County Crisis Hotline.....610-279-6100
Contact Greater Philadelphia....888-855-5525

Eating disorder defined:

The National Institute of Mental Health (NIMH) defines an eating disorder as an illness that causes serious disturbances to your everyday diet, such as severely limiting food intake or severely overeating and bingeing. Severe distress or concern about body weight or shape may also characterize an eating disorder. According to the National Association of Anorexia Nervosa and Associated Disorders (ANAD) up to 24 million Americans have an eating disorder. It is crucial that an individual who has or may have an eating disorder seek help from a behavioral health professional, as according to the NIMH, eating disorders have the highest mortality rate of any mental illness.

Disorder types:

- Anorexia nervosa
- Bulimia nervosa
- Binge-eating disorder
- Eating disorders not otherwise specified (EDNOS)