

National Alliance for Eating Disorders Support Groups Program Summary

Resource number: 57351112

A program of: Self-Help Support Groups Other Alternative Support Groups

Description

What We Do

The National Alliance for Eating Disorders (formerly The Alliance for Eating Disorders Awareness) is the leading national nonprofit organization providing referrals, education, and support for all individuals experiencing eating disorders and their loved ones. Since October 2000, we have worked tirelessly to raise awareness; eliminate secrecy and stigma; promote access to care; and support those susceptible to, currently experiencing, and recovering from eating disorders.

The Alliance offers comprehensive services, including:

Free, therapist-staffed helpline offering support and referrals to all levels of care.

Comprehensive and interactive referral website and app, findEDhelp.com.

Free, weekly, therapist-led support groups nationwide (virtual and in-person) for those experiencing eating disorders and for their loved ones.

Educational presentations and training days.

Unique and empowering Southern Smash scale smashing events and SmashTALK panel discussions.

Over the past 24 years, we have demonstrated our tireless commitment to creating change and making a positive impact on our community.

Eating Disorder Programs & Services

Support Groups

Although eating disorders affect such a vast number of people, the associated stigma causes most to feel isolated and alone in their illness. Our organization understands the significance that a community can offer individuals, providing them with a safe space where they can begin to heal therapeutically. As the only national organization in the country to provide free, weekly, therapist-led eating disorder support groups (both virtual and in-person), these communities not only aid in decreasing isolation, but provide individuals with a sense of belonging. They offer an environment of acceptance that serves as a refuge for those who may feel misunderstood and also creates a community where participants feel seen, heard, supported, and valued.

Frequently asked questions and more information about The Alliances support groups can be found here: <https://www.allianceforeatingdisorders.com/support-groups/>

In-person meetings are available in West Palm Beach, Tampa, and St. Petersburg. Virtual meetings are available throughout the week via Zoom.

Please refer to our Facebook or Instagram for any group cancellations or changes.

Resources from The Florida Council on Compulsive Gambling, Inc

View Support Groups: <https://www.allianceforeatingdisorders.com/groups/>

Helpline & Referrals Database

Its okay to ask for help! We encourage individuals experiencing eating disorders and their loved ones to reach out via our findEDhelp app/website and/or our helpline. Our national, interactive database, www.findEDhelp.com, includes eating disorder treatment options at all levels of care. We can provide referrals to all levels of care from eating disorders specialized therapists and dietitians to acute medical stabilization. Our helpline is run by licensed and specialized therapists. For more information, please call 866-662-1235 or email us at referrals@allianceforeatingdisorders.com.

com.

Phone Numbers

Helpline 1-866-662-1235

Website allianceforeatingdisorders.com

Site Information

Location	National Alliance for Eating Disorders Headquarters, 4400 North Congress Avenue #100 West Palm Beach, FL 33407	Mailing Address	National Alliance for Eating Disorders Headquarters, 4400 North Congress Avenue #100 West Palm Beach, FL 33407
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Program Information

Eligibility

Languages Offered

Payment Options

Fees

Application Process

Documents Required

Normal Wait Time

Capacity

Volunteer Opportunities No

Coverage Areas

FL - Statewide