

National Eating Disorder Support Groups

National Alliance for Eating Disorders (multiple virtual groups, various populations, can join from anywhere)

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

The Eating Disorder Foundation (multiple virtual groups, various populations, can join from anywhere)

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

Eating Disorder Hope (in person and virtual, listed by state):

<https://www.eatingdisorderhope.com/recovery/support-groups/online>

National Association of Anorexia Nervosa and Associated Disorders (recovery support group, have to register):

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

Eating Recovery Center (multiple virtual groups, various populations, can join from anywhere):

<https://www.eatingrecoverycenter.com/support-groups>

McCallum Place (recovery support group, free, open to anyone):

<https://www.mccallumplace.com/virtual-support-groups/>

Tuesdays 5:15 – 6:15, zoom