



Included here are some of our favorite resources to assist you in taking the brave step to look for help. For additional support, you can always call back at:

(888) 375-7767

Where To Look for Treatment

[ANAD Treatment Directory](#): Search for treatment centers and eating disorder specialists of all types.

[The National Alliance for Eating Disorder](#): Locate eating disorder specific therapists, dietitians, and treatment centers.

[Psychology Today](#): Connect with therapists of all kinds.

[Health Profs](#): A space to find nutritionists and dietitians.

[Project Heal Map](#): A helpful resource to find treatment centers that accept Medicare, Medicaid, or Tricare.

Additional Resources

[ANAD Support Groups](#)

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[ANAD Approach Guides](#)

[ANAD Mentorship Program](#)

[Insurance Navigation Resources](#)

[Meal Support Program](#)

[Recovery Record App](#)

[RecoVERY Community](#)

[FEAST](#)

[MEDA](#)

Be mindful of red flags when searching for providers!

Watch for:

- Mentions of weight management, weight loss, bariatric support, or bariatric diet
- Providers encouraging diets
- Providers who are not fully licensed