



## Free Peer Support Services

### ANAD EATING DISORDER PEER SUPPORT GROUPS

provide a free, virtual space where people can come together to find community in recovery. These peer led groups fills a gap in care, providing an accessible, understanding space for folks at every stage.

### ANAD RECOVERY MENTORSHIPS

help guide and support those working towards recovery. Mentors share their own experiences, provide support, work to identify goals and inspire hope. Recovery is real; mentors are living proof.

### ANAD APPROACH GUIDE SERIES

provides information on the world of eating disorders. We offer free, downloadable guides aimed at educators, about binge eating disorder, pregnancy, how to support others through recovery, holiday support, and more.

### ANAD HELPLINE

offers connections to eating disorder support near you, and a warm voice when you need it. If you would like a referral to a professional or group, or just need to talk for a moment, call the helpline at:

**(888)-375-7767**

**ANAD.org**