



## Getting Help For an Eating Disorder: Where to Start

### ***Tell someone***

- Eating disorders thrive in secret. The first step to getting help and making changes is to tell someone about what you are going through. Find someone you trust, a doctor, therapist, friend, or a family member, and let them know what you are experiencing.

---

### ***Seek professional help***

- Reach out to a therapist, doctor, or a dietitian who specializes in eating disorders for help.
- Feeling unsure? The National Eating Disorder Association Screening Tool can help you determine if professional help is needed:

[Eating Disorders Screening Tool | Help & Support | NEDA \(nationaleatingdisorders.org\)](#)

---

### ***Find eating disorder treatment options***

- There are a number of resources available that can help you locate eating disorder services:

[Eating Disorders Helpline | Chat, Call, or Text | NEDA  
\(nationaleatingdisorders.org\)](#)

[ANAD | Free Eating Disorder Support Groups & Services](#)

[Eating Disorder Hope - Resources for Anorexia, Bulimia & Binge Eating -](#)

[Get Eating Disorder Help Today | Alliance for Eating Disorders](#)

Katie Jones, LIMHP, NCC, CPC

Omni Eating Disorder Program Director