

RESOURCE PAGE FOR EATING DISORDER HELP

Instagrams to follow to name just a few:

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@drcolleenreichmann

@jennadaku

Downloadable Resource that is free and Amazing!

#HowIredefine-- show how to link to register for a free ebook with more detailed information than what was provided today

Redefining Wellness Non-Diet Guide (emailed to you- A fantastic resource for providers and patients)

International Association of Eating Disorder Professionals
(IAEDP.com)

Looking for licensed professionals certified in the treatment of ED (especially for RDs and therapists)

Support Groups:

Balancedtx.com- virtual support groups

<https://www.montecatinieatingdisorder.com/about/free-support-groups/>- virtual support groups

Many treatment centers offer these for people contemplating or in recovery

Continuing education/ 101 for professionals:

<https://www.eatingrecoverycenter.com/professionals/events>

IAEDP has continuing education if a member

Monte Nido and Affiliates offers continuing education credits if you register on their website monthly

For treatment Centers: FindEDHelp.COM 1-866-662-1235