

Websites & Apps for Eating Disorder Recovery

Websites

Academy for Eating Disorders: AED is a professional organization that conducts rigorous research and provides state-of-the-art professional training/education on eating disorders.

Binge Eating Disorder Association: BEDA is a national organization dedicated to providing help and hope for people affected by binge-eating disorder, which is now the most common type of eating disorder in America. On this website you can access information about binge eating disorder, qualified treatment providers, and register for their annual conference.

Do Parents Cause Eating Disorders?: This 3-minute video interviews experts in the field to debunk the pervasive myth that families are to blame for their children's eating disorder.

Eating Disorders Coalition for Research, Policy, and Action (EDC): The EDC is a non-profit organization in Washington, DC dedicated to advancing the federal recognition of eating disorders as a public health priority. They host Lobby Days on Capitol Hill in which people from all walks of life get together to speak with their Congressmen about the importance of eating disorder treatment services.

www.EDReferral.com: This website provides a comprehensive directory of eating disorder professionals throughout the country, including therapists, dietitians, and in-patient treatment facilities.

Gurze Books: This publication company specializes in books on eating disorders and related topics, such as body image and obesity. On this website, you can purchase books at discounted prices; read various articles and newsletters about eating disorders; and find links to treatment centers, organizations, and other websites.

National Eating Disorders Association (NEDA): NEDA is the largest non-profit eating disorder organization in the country. They host a variety of events around the country (e.g. conferences, NEDAwareness Week events) and their website provides a wealth of information about eating disorders, treatment, and upcoming events.

Something Fishy: This website is dedicated to raising awareness about eating disorders. You can access a variety of information about these illnesses, and search for treatment providers.

Smart Phone Apps

Recovery Record: This app helps users by consistently assessing throughout the day what and how much they are eating, and how they are feeling.

No More Diets: This app helps you identify emotional issues that drive your eating behaviors, while also helping you identify your own body's hunger and fullness cues.

Self Esteem Daily Affirmations: This app provides affirmations, with the option of creating a list of favorites.

Optimism: This app provides a mood chart that helps users develop strategies to manage depression, bipolar, or other physical and mental health conditions.

Positive Thinking: This app helps users adopt positive thinking through the use of motivational and inspirational quotes.