



Resources About **Unhealthy Eating Patterns**

■ **National Eating Disorders Association** web address:
<http://www.nationaleatingdisorders.org/>
Hotline: 1-800-931-2237; Monday through Friday 9:00 AM to 5:00 PM EST

■ **National Institute of Mental Health** web address:
<http://www.nimh.nih.gov/health/publications/eating-disorders>

■ **Mayo Clinic** web address:
<http://www.mayoclinic.com/health/eating-disorders>

■ **The Nemours Foundation** web address:
http://kidshealth.org/parent/emotions/feelings/eating_disorders.html#cat145

■ **National Association of Anorexia Nervosa and Associated Disorders (ANAD)**
web address: www.anad.org
ANAD Helpline 630-577-1330; Monday through Friday 9 AM Through 5 PM Central Time