

Articles of Tips & Support for having an eating disorder during the COVID-19 crisis

5 Reminders for People with Eating Disorders During the COVID-19 Outbreak
You aren't failing at recovery, nor is your recovery doomed because things are challenging.- <https://www.healthline.com/health/mental-health/5-reminders-for-eating-disorder-survivors-during-the-covid-19-outbreak>

Advice for those struggling with an eating disorder during COVID-19
(identifying feelings, what this struggling is telling you & etc.)
<https://emilyprogram.com/blog/advice-for-those-struggling-with-an-eating-disorder-during-covid-19/>

Eating Disorders During the Coronavirus (COVID-19) Pandemic (How treatment is affected, additional triggers, strategies to cope & more)
<https://www.verywellmind.com/eating-disorders-during-the-covid-19-pandemic-4800648>

NATIONAL EATING DISORDERS ASSOCIATION help & support during covid & more!
www.nationaleatingdisorders.org/help-support/covid-19-resources-page

Prioritizing Eating Disorders Recovery and Well-Being During the COVID-19 Pandemic (tips for recovery, tips for families, ways to cope with these struggles & etc.) <https://eatingdisorders.ucsf.edu/covid-19-resources>

During the COVID-19 crisis, ANAD continues to share new online connection options (free online support groups, anonymous groups, telehealth support & more)
<https://anad.org/education-and-awareness/online-resources/>

Eating Disorders Treatment in New York State
https://omh.ny.gov/omhweb/resources/eating_disorders.html

Getting eating disorder help for your family while quarantined at home

- Email or call your provider to see if telehealth options are available during the current period
 - Many providers have expanded or started these options, and legal limitations on their use have been waived temporarily by insurers and national health systems
 - [Family-Based Treatment \(FBT\) providers delivering telemedicine](#) listed by #country
 - [Online FBT in the Face of the COVID-19 Pandemic](#)
 - [Canadian Resources for Virtual Support](#)
 - [Spreadsheet of Online ED Free/Low \\$ Support during COVID 19](#)
- Consider an online coach or provider
- [Utilize parent forums](#) to vent, troubleshoot problems, get validation, and access emotional support
- **NEW:** for those personally needing meal support: [Meal Support Instagram Group](#) & [Acompañamiento de comida con enfoque HAES](#)

Eating Disorders & the Novel Coronavirus

- [Are Individuals with Eating Disorders at Greater Risk from COVID-19? \(Dr. Gaudiani\)](#)
- [COPING GUIDE First Steps ED – Guide to coping with Covid-19 \(First Steps UK\)](#)
- [Covid-19 + ED: FAQs \(NEDIC, Canada\)](#)
- [Immunological disturbance and infectious disease in anorexia nervosa: a review](#)
- [COVID-19: Tips & Advice for people with an eating disorder \(Butterfly Foundation, Australia\)](#)
- [Coping With COVID-19 In Eating Disorder Recovery \(Eating Disorders Coalition, Canada\)](#)
- [Eating Disorders and Coronavirus \(BEAT, UK\)](#)

COVID-19 and mental health: helping families and children understand

- [NEW: Coping with COVID-19-related disappointments](#)
- [NEW: Sesame Street Launches New Coronavirus Resources For Kids And Parents: The Wiggles are upping their effort to gets kids to wash hands, too.](#)
- [NEW: Navigating the Emotions of a Pandemic \(Psychiatry & Behavioral Health Learning Network\)](#)
- [NEW: If you're worried about your mental health during the coronavirus outbreak \(Samaritans\)](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource \(National Association of School Psychologists\) in English, Spanish, Amharic, Chinese, Korean, French, Vietnamese\)](#)
- [Choosing sources of information carefully is critical to COVID-19 mental well-being says Mental Health Commission of Canada](#)
- [How to talk to your child about coronavirus disease 2019 \(UNICEF\)](#)
- [Talking to Kids About the Coronavirus \(Childmind Institute\)](#)
- [What to do if you're anxious or worried about coronavirus \(COVID-19\) \(Anxiety Canada\)](#)
- [Looking after your mental health during the Coronavirus outbreak \(Mental Health Foundation, UK\)](#)
- [Coping With Coronavirus: Managing Stress, Fear, and Anxiety \(NIMH, US\)](#)
- [Coronavirus: How to protect your mental health \(BBC\)](#)
- [OCD and anxiety disorder treatment can be complicated by coronavirus fears \(Washington Post\)](#)

Blog Posts

- [NEW: Caring for Loved Ones from a Distance](#)
- [NEW: Instagram meal support by ED providers every 2 hours](#)
- [Shelter in Place Advice](#) by F.E.A.S.T. Advisor
- [Normalizing Normal](#) in unusual times

- [June Alexander, F.E.A.S.T. Advisor, 'What can I do?' the COVID-19 pandemic](#)
- [Judy Krasna, F.E.A.S.T. Board Member, Isolated, But Not Alone](#)
- [Christine Naismith, EDFA, Australian Carers' Perspectives on the current insecurities brought about by the Covid-19 Pandemic](#)

Quarantine and Social Distancing

- [Why do we "socially isolate?" Animated graphics on "flattening the curve"](#)

Food is Medicine

- [NEW: Should we clean our groceries?](#)
- [Grocery rules for your coronavirus lockdown: Buy beans, freeze milk, don't hoard, and more](#)
- [COVID-19 Food Safety Questions, Answered](#)
- [Australian Carers' Tips on shopping, feeding, and coping](#)

Distress Tolerance

- [Skills Distress tolerance is a parental superpower, not a lack of caring](#)
- [DBT Distress Tolerance Skills Sheet](#)

Self Care

- [Around the Dinner Table forum 'Self Care Ideas' thread](#)

Eating Disorder Hotline Listings

National Eating Disorders Association Helpline: 1-800-931-2237

This helpline offers support Monday–Thursday from 9 a.m.–9 p.m. EST, and Friday from 9 a.m.–5 p.m. EST. You can expect to receive support, information, referrals, and guidance about treatment options for either you or your loved one. You can also contact this helpline through its online chat function, available on its website. Additionally, there is an option to send a text message if you are in crisis by texting NEDA to 741741; a trained volunteer from the Crisis Text Line will get in touch with you.

Hopeline Network: 1-800-442-4673

This is a hotline dedicated to serving anyone in crisis. Sometimes, people with eating disorders might feel so full of shame or self-hatred that they contemplate hurting themselves. If this is true for you, this hotline offers nationwide assistance and support from volunteers specifically trained in crisis intervention. You can talk to someone day or night about anything that's troubling you, even if it's not related to an eating disorder. You can also call if you need referrals to eating disorder treatment centers.

National Association of Anorexia Nervosa and Associated Disorders: 1-630-577-1330

Currently serving people in the United States, the hotline operates Monday–Friday from 9 a.m.–5 p.m. CST, with plans for a 24/7 hotline coming soon. Trained hotline volunteers offer encouragement to those having problems around eating or bingeing, support for those who "need help getting through a meal," and assistance to family members who have concerns that their loved one might have an eating disorder.

Overeaters Anonymous: 1-505-891-2664

This hotline is available to people worldwide who need a referral to an Overeaters Anonymous support meeting in their area. Contrary to popular belief, Overeaters Anonymous is not just for people who are concerned about eating too much; it is also intended for those who have anorexia, bulimia, food addiction, or any other type of eating disorder. If you are reluctant to attend an in-person meeting or are not geographically near one, its website offers you the option to participate in an online- or telephone-based support group.

Multi-Service Eating Disorders Association (formerly the Massachusetts Eating Disorder Association): 1-617-558-1881

This organization offers education, information, and referrals to clinicians who specialize in eating disorders, support groups, and additional services for people with eating disorders in the New England area. It also offers information about nationwide treatment centers and is available between 9 a.m. and 5 p.m. EST, Monday–Friday.

The United Way's 211.org: Call 2-1-1

The hotline is intended for anyone living in North America who has any type of crisis or who needs help locating specific resources, including information and referrals for eating disorder treatment. Available 24/7, it can offer information and referrals to treatment organizations in your area.

Crisis Textline: Text CONNECT to 741741

Available 24/7, 365 days a year, this organization helps people with eating disorders and other mental health issues by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

Content presented by Noteworthy Resources. Use us as a resource & reference of directory. Keep us posted with how it goes & to add any more places to the list! Email us!

www.nwralbany.org

