



Links for Families on Eating Disorders

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

What are eating disorders?

English: <https://www.nationaleatingdisorders.org/what-are-eating-disorders>

Spanish: <https://www.nationaleatingdisorders.org/neda-espanol>

American Academy of Child & Adolescent Psychiatry – Eating Disorders in Teens

English: https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teenagers-With-Eating-Disorders-002.aspx

Spanish:

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/Los_Adolescentes_con_Desordenes_de_la_Alimentacion_02.aspx

Help Guide – Helping Someone with an Eating Disorder

<https://www.helpguide.org/articles/eating-disorders/helping-someone-with-an-eating-disorder.htm>

National Institute of Mental Health – Eating Disorders: About More Than Food

<https://www.nimh.nih.gov/health/publications/eating-disorders/index.shtml>

U.S. Department of Agriculture – Eating Disorders

English: <https://www.nutrition.gov/topics/diet-and-health-conditions/eating-disorders>

Spanish: <https://www.nutrition.gov/es/topics/dieta-y-enfermedades/trastornos-alimentarios>

U.S. Department of Health & Human Services - Anorexia Nervosa

English: <https://www.mentalhealth.gov/what-to-look-for/eating-disorders/anorexia>

Spanish: <https://espanol.mentalhealth.gov/sintomas/trastornos-alimenticios/anorexia>

U.S. Department of Health & Human Services – Bulimia

English: <https://www.mentalhealth.gov/what-to-look-for/eating-disorders/bulimia>

Spanish: <https://espanol.mentalhealth.gov/sintomas/trastornos-alimenticios/bulimia>

MedlinePlus – U.S. National Library of Medicine

English: <https://medlineplus.gov/eatingdisorders.html>

Spanish: <https://medlineplus.gov/spanish/eatingdisorders.html>

Office on Women's Health – Eating Disorders

English: <https://www.womenshealth.gov/mental-health/mental-health-conditions/eating-disorders>

Spanish: <https://espanol.womenshealth.gov/mental-health/mental-health-conditions/eating-disorders>

Healthychildren.org from the American Academy of Pediatrics – Is Your Teen at Risk for Developing an Eating Disorder?

English: <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Is-Your-Teen-at-Risk-for-Developing-an-Eating-Disorder.aspx>

Spanish: <https://www.healthychildren.org/spanish/health-issues/conditions/emotional-problems/paginas/is-your-teen-at-risk-for-developing-an-eating-disorder.aspx>

American Psychological Association – New insights on eating disorders

<https://www.apa.org/monitor/2016/04/eating-disorders>

The Family Institute at Northwestern University

Signs of Eating Disorders Parents Should Pay Attention To

<https://www.family-institute.org/behavioral-health-resources/eating-disorders>

National Alliance on Mental Illness – Eating Disorders: What to Do When Your Teenager Is at Risk

<https://www.nami.org/Blogs/NAMI-Blog/February-2020/Eating-Disorders-What-to-Do-When-Your-Teenager-Is->

Healthline – Your Teen Will Hide Their Eating Disorder: Here's What You Should Look For

<https://www.healthline.com/health/mental-health/identifying-eating-disorders-in-teens>

Parents – 7 Signs of an Eating Disorder All Parents Should Know

<https://www.parents.com/kids/eating-disorders/signs-of-eating-disorders-in-children-and-teens/>

Mental Health America – Eating Disorders and Youth

<https://www.mhanational.org/eating-disorders-and-youth>

