

change your narrative



Communities Which Offer Image Matters Support

NEDA's Network Of Support Groups

<https://www.nationaleatingdisorders.org/help-support/support-groups-research-studies>

Regionally searchable, local support groups.

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Extensive, geographically based options for free or low cost counseling, support groups, therapy options and more. Simply type in your zip code for access to options.

The Butterfly Foundation -

<https://thebutterflyfoundation.org.au>

Offers online support, education, and relatable stories for men battling eating disorders.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

ChangeYourNarrative.org

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Catalog Of National & International Support

<https://anad.org/education-and-awareness/online-resources/eatingdisorderorganizations/>

Offers a global range of support pages, offering a diversity of resources for common and unique concerns.

Eating Disorder Support Center -

<http://edrcsv.org/free-online-support-groups/>

Offers community support for individuals who struggle and separate support groups for family members.

NAMI Connection Recovery Support Group

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Connection>

Offers peer-led support groups for a range of mental health struggles.

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