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Hope Starts Here.

The National Eating Disorders Association (NEDA) works to advance research, build community, and raise awareness to support the nearly 30 million Americans who will experience an eating disorder in their lifetimes. Whether you have been personally affected, by an eating disorder or care about someone who has, NEDA is here to help!



Think you might have an eating disorder?



Learn more
(/resource-center/)

¿Crees que puedes tener un trastorno alimenticio?

Get Screened Today
(<https://www.nationaleatingdisorders.org/screening-tool/?lang=es>)

Hacerse la Prueba
(/screening-tool/?lang=es)

(<https://www.nationaleatingdisorders.org>)

Learn

NEDA's Grace Holland Cozine Resource Center provides critical Information for people in recovery journeys and their loved ones.

(/resource-center/)

Get Screened

Take NEDA's Eating Disorders Screening Tool, for ages 13 and up, to see if it is time for professional help.

(/screening-tool/)

Get Involved

Join events to get informed, find community and raise support.

(/get-involved/)

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(<https://nedawalk.org/>)

NEDA Care Fairs

Show Support in Your Community.

([/campus-warriors/](#))

Campus Warriors

Spread Awareness at School

Share resources and hope at colleges and universities.

Learn More
([/campus-warriors/](#))

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NEDA Webinars

Watch a previous webinar or sign up for an upcoming webinar to learn practical skills for recovery.

Learn More
(<https://www.nationaleatingdisorders.org/neda-webinars/>)

Latest Updates:





When Trauma and Eating Disorders Collide

Explore how trauma and eating disorders intersect, and discover Meg Maginn, LCSW's, hopeful guidance to healing.

(<https://www.nationaleatingdisorders.org/trauma-and-eating-disorders-healing/>)



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Mother-First Care in the Treatment of Maternal Eating Disorders

Read Rachel's story of navigating an eating disorder after the birth of her son and the importance of finding mother-first care.

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Hacerse la Prueba

([/screening-tool?lang=es](https://www.nationaleatingdisorders.org/screening-tool?lang=es))

(<https://www.nationaleatingdisorders.org/maternal-eating-disorders/>)

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