

Lawyers Concerned for Lawyers

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SUPPLEMENTAL RESOURCE LIST: EATING DISORDERS

An eating disorder is not a lifestyle choice — it is an illness characterized by an obsession with food, weight, and body image that leads to disturbances in eating patterns and associated thoughts and emotions around food. Eating disorders can result in serious negative health consequences. They can affect people of any age, gender, or race. Common signs of an eating disorder include dramatic weight changes, excessive exercise, severe dietary restriction, and excuses to avoid eating in front of others.

Eating disorders often hide in plain sight and can also be deadly (eating disorders are the second most deadly mental illness after opioid overdose). An individual with an eating disorder may look perfectly healthy by all outward appearances — only 6% of people with an eating disorder are medically underweight.

Early detection and treatment are critical. People with eating disorders are often reluctant to ask for help, but help is available. LCL can provide initial counseling, assessment, peer support, and referrals to professionals and other resources.

FINDING TREATMENT Below are some of the available treatment options in Minnesota. This list is not exhaustive and does not indicate a recommendation.

Melrose Institute - provides outpatient, inpatient, and residential treatment:

<https://www.healthpartners.com/care/specialty-centers/melrose-center/>

Emily Program - offers outpatient and residential treatment: www.emilyprogram.com

Water's Edge Counseling & Healing Center - provides outpatient treatment: www.watersedgechc.com/

Newport Institute – offers outpatient (in person and virtual) and residential treatment settings. Newport focuses on treating a patient's underlying mental health conditions, including eating disorders:

<https://www.newporthealthcare.com/programs/>

SELECT EATING DISORDER RESOURCES

ANAD (National Association of Anorexia Nervosa and Associated Disorders, Inc.) – offers free support and services to anyone suffering from an eating disorder or related issues, including links and access to peer support group meetings: <https://anad.org/>

National Institute of Mental Health – provides links to articles, research, statistics, and other information and resources regarding eating disorders: <https://www.nimh.nih.gov/health/topics/eating-disorders>

Eating Disorder Hope offers education, links to support groups, and inspiration to eating disorder sufferers, their loved ones, and eating disorders treatment providers: <http://www.eatingdisorderhope.com>

National Eating Disorders Association is a non-profit advocating and supporting individuals and families affected by eating disorders: www.nationaleatingdisorders.org

WithAll (Formerly The Emily Program Foundation) is a non-profit with a mission to "save lives, change minds, and work to eliminate eating disorders:" <https://withall.org/>

12-STEP-BASED PROGRAMS LCL does not recommend 12 step support without also pursuing professional treatment or therapy from an individual or organization that focuses on eating disorders.

Anorexics and Bulimics Anonymous - <https://aba12steps.org/>

Compulsive Eaters Anonymous – HOW - <https://www.ceahow.org/en/home/>

Overeaters Anonymous – <https://oa.org/>

Eating Disorders Anonymous - <https://eatingdisordersanonymous.org/>