



Eating Disorders

Eating disorders are characterized by the intentional changing of food consumption to the point where physical health or social behaviors are affected.

For an overview, symptoms, diagnosis, treatment, related conditions, and support go to:

Nami

<https://www.nami.org/about-mental-illness/mental-health-conditions/eating-disorders/?tab=overview>

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/eating-disorders/symptoms-causes/syc-20353603>

More information, webinars and support resources

<https://www.samhsa.gov/mental-health/what-is-mental-health/conditions/eating-disorders>

Clinical trials and Federal resources

<https://www.nimh.nih.gov/health/topics/eating-disorders>

Women's health – Eating Disorders

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

National Eating Disorder Association – Do I have an Eating Disorder test

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

Catholic Mental Health Ministers – Eating Disorders

<https://catholicmhm.org/eating-disorder>

Impact of Eating Disorders

<https://adaa.org/solr-search/content?keys=eating+disorders>

Eating Disorders and Youth

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



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How to Manage Eating Disorder Recovery During Holidays and Celebrations

<https://jedfoundation.org/resource/how-to-manage-an-eating-disorder-during-holidays-and-celebrations/>

For information about a 12 step program for Eating Disorders or our Catholics In Recovery program, contact:

Corrine @ cwarcholik@yahoo.com or 619-977-1546

Caregiver support

<https://www.couragetocaregivers.org/blog-onepaggers-1/2021/8/15/eating-disorders>

See also the tab for Caretaker Support on the main Mental Health page.

For more information, resources or Catholic therapists, contact Rich at hello@thechurchofstluke.org