

Eating Disorder Resources



The Hull Institute, LLC

Office Phone: 216.407.6278

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www.hullinstitute.com

Online Support Groups

Timberline Knolls Support Groups

\$20 per group session – paid upon registration

Led by a therapist experienced in group dynamics

[Click here](#) for more information

[BINGE EATING DISORDER SUPPORT GROUP](#)

Every Tuesday @ 3:00 P.M.

[ANOREXIA NERVOSA SUPPORT GROUP](#)

Every Wednesday @ 3:00 P.M.

[BULIMIA NERVOSA SUPPORT GROUP](#)

Every Thursday @ 3:00 P.M.

ANAD Support Groups

Free and confidential meetings

[Click here](#) for more information

[WEDNESDAY ONLINE SUPPORT GROUP](#)

Every Wednesday @ 8:00 P.M.

[SUNDAY ONLINE SUPPORT GROUP](#)

Every Sunday @ 12:00 P.M.

Lakeview Health

Free virtual support groups

Available for anyone in recovery

[VIRTUAL RECOVERY MEETING](#)

Monday – Friday @ 12:00 and 7:00 P.M.

Fairlawn EDA Group

A peer led and solution-focused Eating Disorder Anonymous group

[GOOGLE HANGOUT MEETING ROOM](#)

Every Sunday @ 4:00 P.M.

Mobile Apps

[Recovery Record](#) – An app that keeps track of meal logs, meal plans, data and charts, and provides you with coping skills to utilize during your recovery from an eating disorder

[Rise Up + Recover](#) – An app designed to track your meals, thoughts, behaviors, and emotions throughout the day.

[Breathe2Relax](#) – A portable stress management tool which leads you through breathing exercises to decrease your ‘fight-or-flight’ response.

[Moodfit](#) – An app you can use for a variety of tasks including to track your mood, dispute your distorted thoughts, practice gratitude and help calm you down through breathing exercises.

Online Videos

[Finding Balance Video Library](#) – Video clips designed for people seeking freedom from eating and body image issues.

[Guidiani Clinic](#) – Video of Dr. Guidiani from the Guidiani Clinic reading excerpts of her book Sick Enough: A Guide to the Medical Complications of Eating Disorder. (Updated with a new Chapter every Tuesday and Thursday)

[Online Yoga Classes](#) – Daily Yoga classes from Namaste Yoga Studios at 9:00 A.M. and 5:30 P.M.

[Click here](#) for pre-recorded yoga sessions.

If you or someone you know is struggling with an eating disorder contact the Hull Institute:

[216.407.6278](tel:216.407.6278)

www.hullinstitute.com

Family Resources

[Eating Recovery Center Family Resource Center](#)

A resource for family members to view information about helping your loved one through an eating disorder. View information about meal management, success stories, and additional resources to help guide you in providing support.

[Eating Recovery Center Support Group](#)

Free and confidential meetings for family members and caregivers supporting people with eating disorders.

[Click here](#) for more information

[VIRTUAL FAMILY AND COMMUNITY SUPPORT GROUP](#)

Every Thursday @ 8:00 P.M

[McCallum Connection Family Support Group](#)

Support for family members, friends, and loved ones of those struggling with an eating disorder. Call in to share stories, ask questions, or receive support.

Mondays 5:00 – 6:00 P.M.

Call 855-384-4184 Code 240 2979

Articles and Blogs

[Eating Disorder Hope – Stories of Hope](#)

Watch and read about men and women who have overcome eating disorders by using their unique gifts and talents and are now doing well in their recovery.

[McCallum Place Eating Disorder Centers Blog](#)

Read informational stories and stories of recovery by people who have overcome their eating disorders. Included in the blogs are stories such as:

[A Letter to Athletes](#)

[A Farewell to my Eating Disorder](#)

[Say it Brave Blog](#)

Read articles from a library of blogs posted by people who have recovered from an eating disorder.

[The Emily Program Blog](#)

A site with helpful tidbits and stories about individuals and family members who have dealt with eating disorders.

Additional Resources

[Say it Brave Webinar](#)

[Battling Eating Disorders in a COVID-19 World](#)

Thursday, April 30th at 8:00

A webinar for clients struggling with eating disorders. The webinar covers new challenges to grocery shopping and meal planning, changes to support systems, and increased anxiety and depression.

[The Mighty – Mental Health Community](#)

A Safe, supportive community for people facing health challenges and the people who care for them.

[Mental Note – Apple Podcast](#)

– A podcast highlighting the work and the beauty of mental health recovery with stories including eating disorders, OCD, and depression.

[Peace Meal Podcast](#) – A podcast by the Emily Program related to eating disorders, body image issues, and how society contributes to distorted thinking.

Hotline Numbers

National Suicide Prevention Line: 1-800-273-8255

Crisis Textline: Text CONNECT to 741741

Organization to help people with eating disorders and other mental health issues.

Available 24/7, 365 days a year.

NEDA Helpline: 1-800-931-2237

Helpline to receive support, information, and guidance for you or a loved one about eating disorders.

Monday – Thursday 9:00 A.M. – 9:00 P.M.

Friday – 9:00 A.M. – 5:00 P.M.

ANAD Helpline: 1-630-577-1330

Helpline to offer encouragement to those having problems with eating or bingeing, support to people ‘getting through a meal’, and assistance to family members concerned about their loved ones.

Monday – Friday 8:00 A.M – 4:00 P.M.