



Courage During COVID-19: How to Heal in Times of Illness and Isolation

Virtual support groups

https://www.eatingrecoverycenter.com/alumni/virtual-support/online-support-groups?j=574439&sfmc_sub=199529358&l=83_HTML&u=99974684&mid=7233671&jb=46

NEDA

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

ANAD

<https://anad.org/>

AA and other 12 step meetings

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

Create a toolbox

