

Dear Alliance Supporter,

As we approach the end of another year, we find ourselves reflecting on the lives we've impacted and the challenges still ahead. **With 1 in 9 individuals experiencing an eating disorder in their lifetime, the reality of eating disorders remains a heartbreaking truth for many individuals and families in our community.** Your support has always been the cornerstone of our efforts, and we are reaching out to you now with a heartfelt appeal.



Every day, countless individuals struggle silently with eating disorders—conditions that can take a severe toll on mental and physical health. The isolation, fear, and stigma can feel overwhelming. **However, with your help, we can continue to provide essential resources, support, and hope to those in need.**

This year, we have seen firsthand the impact of our programs. We've witnessed the transformative power of answering the call with our therapist-staffed helpline; free, weekly, therapist-led support groups; and community outreach programs. Stories of recovery and resilience remind us that no one has to face this journey alone. **With a 166% increase in calls to our helpline and 22% increase in support group attendance, your continued support is essential for helping us meet this demand and expand our life-saving services.**

Our 2024 Impact



HELPLINE

6,302

calls answered on our free, therapist-staffed helpline



FINDEDHELP

224,899

searches for all levels of eating disorder care



SUPPORT GROUP

21,511

attendees in our free, therapist-led support groups



OUTREACH & EDUCATION

38,929

education & outreach program attendees

As the year draws to a close, we ask you to consider making a year-end gift to support our mission. Your contribution will help us:

- Provide critical support, resources, and referrals for care for individuals and families affected by eating disorders.
- Expand our outreach and education programs to raise awareness and reduce stigma in our community.
- Develop new initiatives that empower those struggling to seek help and find their path to recovery.

Imagine the impact of your generosity: a young person finding the courage to seek help, a family reconnecting through understanding, a community coming together to break the silence around eating disorders. Together, we can make a profound difference.

Be the lifeline for someone searching for help, like Beth.



“There are no words except thank you... thank you for helping me get my life back. I've never felt like a success story: someone who has been proud of all the progress they've made and experience real, genuine pride in that... and now I do. I am the healthiest, strongest, and bravest I have ever felt in my entire life, and I owe so much of that legwork to everyone at The Alliance.”

We understand that the holiday season is a time of giving, and we are grateful for your consideration. Your support is not just a donation; it's a lifeline for those fighting to live a life beyond their eating disorders.

Thank you for being a part of this crucial journey with us. Let's turn the page on this year with hope, commitment, and answer the calls of those who need it most.

With deepest gratitude,

Founder & CEO
National Alliance for Eating Disorders

National Alliance for Eating Disorders

www.allianceforeatingdisorders.com

www.findEDhelp.com

866-662-1235

