

Dear Alliance Supporter,

As 2025 comes to a close, I am reminded of the countless individuals and families who reached out to us this year, searching for guidance, connection, and help. **Because of you, we were there.**

In the United States, *1 in 9 individuals* will experience an eating disorder in their lifetime. Behind every statistic is a person struggling, and loved ones doing everything they can to help. **This year, with the support of donors like you, the National Alliance for Eating Disorders was there for countless individuals, families, and community members seeking help.**

This year is especially meaningful as we celebrated **our 25th anniversary** in October. For a quarter of a century, The Alliance has been a lifeline — answering calls, providing support, and offering hope to individuals and families who often have nowhere else to turn. And yet, even after 25 years, the need has never been greater.

IN 2025 ALONE:

6,500

calls answered on our clinician-staffed helpline, from individuals and loved ones seeking **guidance, support, and referrals to care.**

29,000

individuals found **connection** and **hope** through our free, weekly, therapist-led support groups.

320,000

searches for treatment and resources on our referral database, findEDhelp.com — a **lifeline** for those navigating finding care.

38,000

community members reached through our education and outreach programs, helping to **reduce stigma** and **increase early intervention.**

These numbers represent lives changed — but they also reveal a reality we cannot ignore: **the need is growing faster than our resources can meet.**

And that is why I am reaching out today, more urgently than ever.

“Shoutout to The Alliance for taking my phone calls and celebrating my wins.... There’s no one else in my life that’s as consistently there for me as The Alliance. Thank you, thank you, thank you for the hope you all ignite in our hearts. Your impact extends beyond us into our communities, our families, and our lives.”

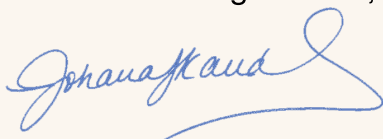
Your year-end gift will help us:

- **Maintain and expand our clinician-staffed helpline**, so we can support more individuals and families experiencing eating disorders.
- **Maintain and add additional free, therapist-led support groups**, giving more people and their loved ones access to connection and hope.
- **Maintain and expand our referral database, findEDhelp.com**, so anyone searching for treatment can find the help they need.
- **Develop new initiatives that empower those struggling**, helping them take the first brave steps toward recovery.

Your generosity turns fear into hope. It opens doors to care. It reminds someone who feels alone that there is community and connection.

As we plan for 2026 — **and continue celebrating our 25th anniversary year** — we do so with deep gratitude for your partnership and unwavering belief in our mission. Together, we can ensure that people affected by eating disorders have a place to turn, not just today, but for the next 25 years and beyond.

With sincerest gratitude,



Founder & CEO
National Alliance for Eating Disorders

P.S. We have never needed your support more than we do right now. Please consider making a year-end gift today to help ensure that individuals and families affected by eating disorders have a place to turn.