National Eating Disorder Hotlines

Eating Disorders Awareness and Prevention (EDAP)
For answers to your questions, information, and nationwide referrals
1-800-931-2237
www.nationaleatingdisorders.org

National Eating Disorder Referral and Information Center
www.edreferral.com

American Anorexia/Bulimia Association, Inc. (AABA)
Referrals to treatment and information
212-575-6200
www.nationaleatingdisorders.org

National Association of Anorexia Nervosa and Associated Disorders (ANAD)
Referrals to treatment, information, and support groups
630-577-1330, Monday-Friday, 9:00am-5:00pm CST
www.anad.org
anadhelp@anad.org

The Renfrew Center
Referrals to Eating Disorder Specialists
1-800-RENFREW (1-800-736-3739) (hours Monday-Friday, 8:30am-5:30pm, EST)
www.renfrew.org

Overeater’s Anonymous
Referrals to local chapters and information
505-891-2664
www.oa.org
**Bexar County Eating Disorder Resources**

**ANAD Anorexia Nervosa & Bulimia Support Group**
Shelley Regan Katz, 210-493-7788, skatz@satx.rr.com
Meetings: 6-7pm Wednesday, Basement Level of North Central Baptist Hospital (520 Madison Oak Drive), Dining Room #1

**Eating Recovery Center (formerly EDCASA)**
250 E. Basse Rd, Ste 206, San Antonio, TX 78209
Phone: 210-255-3163
Services: partial hospitalization, intensive outpatient, DBT, adult and adolescent services

**Overeater’s Anonymous in San Antonio**
210-492-5400
Complete list of available meetings and contact info at website:
[www.oasanantonio.com](http://www.oasanantonio.com)

**Take Off Pounds Sensibly (TOPS)**
Kathie Sweetin 830-931-972 or KLSweetin@gmail.com
Meeting options available county-wide, Monday through Saturday, various times
Costs $32/year
[www.tops.org](http://www.tops.org)
[http://www.tops.org/TOPS/FindAMeeting.aspx](http://www.tops.org/TOPS/FindAMeeting.aspx)