

## **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](http://www.nationaleatingdisorders.org)

### **National Eating Disorder Referral and Information Center**

[www.edreferral.com](http://www.edreferral.com)

### **American Anorexia/Bulimia Association, Inc. (AABA)**

Referrals to treatment and information

212-575-6200

[www.nationaleatingdisorders.org](http://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](http://www.anad.org)

[anadhelp@anad.org](mailto: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](http://www.renfrew.org)

### **Overeater's Anonymous**

Referrals to local chapters and information

505-891-2664

[www.oa.org](http://www.oa.org)

**Resources Compiled by Faith G. Harper, PhD, LPC-S and Bonnie Scott, MA, LPC-Intern.**  
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*This list is likely not an exhaustive resource for the San Antonio metropolitan area and is intended to operate as a starting point for individuals seeking support or information. Additionally, programs change frequently so ensure that the listing is still appropriate and accurate before attempting to access a program.*

**Last Update: November, 2015**

## Bexar County Eating Disorder Resources

### **ANAD Anorexia Nervosa & Bulimia Support Group**

Shelley Regan Katz, 210-493-7788, [skatz@satx.rr.com](mailto: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

<http://ercsanantonio.com/>

### **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](mailto: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>

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