



# RESOURCES FOR YOUR NEXT STEPS

## Banfield Resources

Regence Medical Coverage  
Customer Care Line: 888-725-3097  
[MDLIVE.com/Regence](https://MDLIVE.com/Regence)

Spring Health Mental  
Health Care Navigation  
Call: 240-558-5796  
[banfield.springhealth.com](https://banfield.springhealth.com)

## Eating Disorder Treatment Access

Visit [Project HEAL](#) to apply for treatment access support including:

- A Free 60 min Clinical Assessment
- Insurance Navigation Support
- Cash Assistance
- Free Treatment Placements
- Identity-Affirming Scholarships

## Immediate Support

If you are don't feel safe:  
please call 911 or go to the nearest  
emergency room.

If you're in emotional crisis:  
Text HEALING to 741741  
or  
Call the NEDA Helpline at  
(800) 931-2237

## Free Virtual Support Groups

- [National Alliance for Eating Disorders](#)
- [ANAD](#)
- [Eating Disorder Foundation](#)

## Support for Marginalized Identities

- Free eating disorder support for TGNCI individuals: [FEDUP Collective](#)
- Free eating disorder support for BIPOC individuals: [Sage and Spoon](#)
- [Nalgona Positivity Pride](#)

## Support Communities

- Global support for parents and caregivers: [F.E.A.S.T.](#)
- Recovery Support Community: [The Recovery Collective](#)
- The National Eating Disorder Association: [NEDA](#)