



Overeaters Anonymous World Service
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USA

Dear Higher Education Staff Member,

"I don't know what to do with my eating disorder—I've tried everything."

You may have struggled with how to respond when a student comes to you with this problem. We are reaching out to you because we know that many young people are experiencing difficulties with overeating, under-eating, and body image. In our personal experience, Overeaters Anonymous (OA) is a lifesaving, free, and confidential source of help.

You may have heard of other Twelve Step fellowships. Twelve Step recovery is also available for anyone who has issues with food or body image in the form of Overeaters Anonymous.

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive eating. This may manifest as overeating, undereating, overexercising, body obsession, bulimia, and/or anorexia. We welcome everyone who wants recovery.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of Overeaters Anonymous to those who still suffer.

We offer in-person meetings, virtual meetings, and phone meetings 7 days a week and in many languages. Members typically share contact details with each other to provide support outside of meetings.

More information about OA, including personal stories and meeting lists, can be found at oa.org. Meetings that specifically focus on young people can be found under Find a Meeting (oa.org/find-a-meeting) by selecting "Young People" from the specific focus filter. We humbly recommend that you share the Overeaters Anonymous name and website with students who are suffering so that they can find a meeting and connect with others who are recovering. We offer experience, strength, and hope.

Many of our meetings are open to visitors. If you would like to attend one of these meetings, you are more than welcome. If you have any questions, please contact me at this email.