

## Support Group Resources Provided by ISU Student Counseling Services

Eating Disorder Groups	Provided by/contact to schedule
Eating Recovery Center	<a href="https://www.eatingrecoverycenter.com/support-groups">https://www.eatingrecoverycenter.com/support-groups</a>
The Eating Disorder Foundation	<a href="https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/">https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/</a>
Morningside Chats in the Living Room	<a href="https://www.chatsinthelivingroom.com/">https://www.chatsinthelivingroom.com/</a>
National Eating Disorder Association	<a href="https://www.nationaleatingdisorders.org/eating-disorders-support-groups/">https://www.nationaleatingdisorders.org/eating-disorders-support-groups/</a>
National Association of Anorexia Nervosa and Associated Disorders	<a href="https://anad.org/get-help/about-our-support-groups/">https://anad.org/get-help/about-our-support-groups/</a>
The Alliance for Eating Disorders Awareness:	<a href="https://www.allianceforeatingdisorders.com/eating-disorder-support-groups-and-programs/">https://www.allianceforeatingdisorders.com/eating-disorder-support-groups-and-programs/</a>
Eating Disorder Hope	<a href="https://www.eatingdisorderhope.com/recovery/support-groups/online">https://www.eatingdisorderhope.com/recovery/support-groups/online</a>
Center for Discovery	<a href="https://centerfordiscovery.com/groups/">https://centerfordiscovery.com/groups/</a>

Mental Health groups	Provided by/contact
Pathlight Behavioral Health	<a href="https://www.pathlightbh.com/support-group">https://www.pathlightbh.com/support-group</a>
NAMI	<a href="https://namicentraliowa.org/support-and-education/support-groups/nami-connection-recovery-support-group/">https://namicentraliowa.org/support-and-education/support-groups/nami-connection-recovery-support-group/</a>
Alsana	<a href="https://www.alsana.com/programs/online-support-group/">https://www.alsana.com/programs/online-support-group/</a>

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<b>Substance Use/ behavioral addiction Support</b>	<b>Provided by/contact</b>
Addictive Behaviors Skills Group Pathlight Behavioral Health	<a href="https://www.pathlightbh.com/support-group">https://www.pathlightbh.com/support-group</a>
AA meetings, Ames IA 12 step program	<a href="https://www.amesaa.org/meetings?tsml-day=any&amp;tsml-query=ames%20ia&amp;tsml-attendance_option=in_person">https://www.amesaa.org/meetings?tsml-day=any&amp;tsml-query=ames%20ia&amp;tsml-attendance_option=in_person</a>
AA meetings Ames, IA- 12 step program	<a href="https://www.amesaa.org/meetings?tsml-day=any&amp;tsml-query=ames%20ia&amp;tsml-attendance_option=online">https://www.amesaa.org/meetings?tsml-day=any&amp;tsml-query=ames%20ia&amp;tsml-attendance_option=online</a>
Narcotics Anonymous- 12 step program	<a href="https://iowa-na.org/">https://iowa-na.org/</a>
Gamblers Anonymous- 12 step program	<a href="http://www.gamblersanonymous.org/ga/locations">http://www.gamblersanonymous.org/ga/locations</a>
Celebrate Recovery- Christian Spirituality foundation	<a href="https://www.celebraterecovery.com/">https://www.celebraterecovery.com/</a>
Sexaholics Anonymous-Porn use	<a href="https://www.sa.org/">https://www.sa.org/</a>
Gaming Addicts Anonymous	<a href="https://www.gamingaddictsanonymous.org/">https://www.gamingaddictsanonymous.org/</a>
Online Gamers Anonymous	<a href="https://www.olganon.org/home">https://www.olganon.org/home</a>
Internet and Technology Addiction Anonymous	<a href="https://internetaddictsanonymous.org/">https://internetaddictsanonymous.org/</a>

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	<b>Support Group for Family &amp; Friends</b>
The Eating Disorder Foundation	<a href="https://eatingdisorderfoundation.org/get-help/support-groups/family-and-friends/">https://eatingdisorderfoundation.org/get-help/support-groups/family-and-friends/</a>
Pathlight Behavioral Health	<a href="https://www.pathlightbh.com/support-group">https://www.pathlightbh.com/support-group</a>
Thrive Here	<a href="mailto:jacqueline.paulson@thrivehere.com">jacqueline.paulson@thrivehere.com</a> .
Eating Recovery Center	<a href="https://www.eatingrecoverycenter.com/support-groups">https://www.eatingrecoverycenter.com/support-groups</a>
EDCI	<a href="https://www.edciowa.com/support-groups">https://www.edciowa.com/support-groups</a>
<b>EQUIP Family Support Group</b>	<a href="https://us02web.zoom.us/webinar/register/WN_5EwtWmugTrW9sBkvSm-NzA">https://us02web.zoom.us/webinar/register/WN_5EwtWmugTrW9sBkvSm-NzA</a>
NAMI	<a href="https://namicentraliowa.org/support-and-education/support-groups/nami-family-support-group/">https://namicentraliowa.org/support-and-education/support-groups/nami-family-support-group/</a>
Alanon	<a href="https://al-anon.org/al-anon-meetings/">https://al-anon.org/al-anon-meetings/</a>