



## Become an Eating Disorders Mentor

If you are in strong recovery from an eating disorder, you know how important it is to have continuous, positive support on the road to get there. You know what it means to have someone in your life who truly “gets it”, someone who understands the journey, and will be there to support you. Having that person in your corner can make all the difference in your motivation and efforts to heal.

We offer you the opportunity to be that person. To be there in support of someone who is struggling to recover from their own eating disorder. You can be the light of hope, inspiring and encouraging others as they navigate their own road to recovery.

Become an eating disorders mentor through MentorCONNECT, the first global eating disorders mentoring community.

### **Mentoring Benefits**

When you serve as a mentor to someone who is struggling to recover, your story confirms recovery is possible. As a mentor, you can share what worked for you to heal, how you handled recovery challenges and opportunities, what you learned along the way, and why recovery has been, and continues to be, worth it for you.

### **Requirements for Becoming a Mentor**

If you have twelve consecutive months of sustained, healthy recovery (defined as “largely free from eating disorder thoughts and coping behaviors”), one hour per week to volunteer, regular daily access to email, the ability to commit to a minimum of 12 months of uninterrupted service, and a true willingness to help others, you are eligible to serve as a caring, volunteer mentor.

We welcome you to apply. Please visit [www.mentorconnect-ed.org/mcmembership](http://www.mentorconnect-ed.org/mcmembership) and select “Mentor Level Membership.” Upon approval, your journey to help someone else begins.

### **About MentorCONNECT**

Our **vision** is to provide individuals with the means to break through the isolation of eating disorders by sharing the tools of recovery in supporting relationships.

Our **mission** is to connect members individually and in groups with mentors who willingly share experiences, provide positive guidance, and are willing to help members move through the struggles and triumphs of the recovery journey.

[www.mentorconnect-ed.org](http://www.mentorconnect-ed.org)

MentorCONNECT is a registered 501(c)3 nonprofit organization