

NAED Brings Together Google, Anthropic, Open AI, and others to Examine AI's Impact on Eating Disorders

NEW YORK, KY, UNITED STATES, September 10, 2026 /EINPresswire.com/ -- As artificial intelligence rapidly changes how people seek health information and support, the [National Alliance for Eating Disorders](#) (The Alliance) will convene leaders from technology, AI safety, clinical care, and mental health for “A Conversation on AI and Eating Disorders” on Tuesday, September 29, from 6 to 9 p.m. ET at the 1251 Conference Center in New York City.

Presented by Talkspace, and in partnership with The Conversationalist and the Mental Health Coalition, the event will be moderated by Sophie Beren, Founder and CEO of The Conversationalist, and feature Dr. Laura Murray, Head of Global Mental Health at Google; Dr. Esther Howe, Trust and Safety Manager, User Well-Being at Anthropic; Claudia Fischer, Public Policy, Global Affairs, OpenAi; Dr. Valerie Douglas, Senior Clinical AI Safety Lead at Mpathic; and Johanna Kandel, Founder and CEO of the National Alliance for Eating Disorders.

The conversation comes at a critical moment as AI becomes an increasingly common source of information and guidance related to food, nutrition, exercise, body image, and mental health. About half of U.S. adults now report using AI chatbots, and The Alliance is seeing that shift firsthand: 17% of calls to its National Eating Disorders Helpline are now originating from an AI platform. Eating disorders present a particularly complex challenge for AI safety because risk is not always explicit in AI chats; seemingly ordinary conversations about wellness, weight, fitness, or self-improvement can reinforce harmful beliefs or behaviors if AI systems fail to recognize the underlying context.

“AI has already become part of the way people seek information, support, and guidance, and people impacted by eating disorders are no exception,” said Kandel. “At a time when as many as 70% of people with eating disorders are unable to access the care and support they need, there is potential for these technologies to support earlier intervention and connect people to trusted



■ A Conversation on AI & Eating Disorders

NATIONAL ALLIANCE
for Eating Disorders

PRESENTED BY **Talkspace**

A Conversation on AI & Eating Disorders

■ **TUESDAY, SEPTEMBER 29**
6 PM - 9 PM

■ 1251 Conference Center
New York, NY

AI is reshaping how people access health information and care, creating new opportunities and challenges for those impacted by eating disorders. Join us for an evening of thoughtful dialogue exploring the urgent need for cross-sector collaboration to shape a more responsible future.

MODERATED BY

PANELISTS

Sophie Beren
Founder & CEO,
The Conversationalist

Johanna Kandel
Founder & CEO,
National Alliance for
Eating Disorders

Dr. Laura Murray
Head of Global Mental
Health, Google

Dr. Esther Howe
Policy Design Manager,
User Well-Being,
Anthropic

Dr. Valerie Douglas
Senior Clinical AI Safety
Lead, Mpathic

■ LIGHT BITES AND BEVERAGES
WILL BE SERVED.

the conversationalist

THE MENTAL HEALTH COALITION

YouTube TikTok within



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Johanna Kandel

information and resources. At the same time, we need to thoughtfully examine the risks in a space where harmful behaviors and beliefs can be subtle and difficult to recognize. This conversation is an opportunity to look honestly at both the possibilities and the challenges with AI, and to consider what responsible, safe, and effective use of technology can look like in the eating disorder space."

The event will bring together trust and safety professionals, technology and AI leaders, researchers,

clinicians, advocates, and people with lived experience to examine where existing safeguards may fall short and identify opportunities for cross sector collaboration. The discussion will explore how AI could support earlier intervention, education, and connections to care while addressing the potential for these technologies to unintentionally contribute to eating disorder behaviors. For The Alliance, the conversation is part of a broader commitment to ensuring that as AI becomes more integrated into how people seek help, the eating disorder community's clinical expertise and lived experience help inform the development of safer, more accurate, and recovery-oriented technology.

About The National Alliance for Eating Disorders

The National Alliance for Eating Disorders ("The Alliance") is the leading national nonprofit providing education, referrals, and support for individuals experiencing eating disorders and their loved ones. Founded in 2000, The Alliance is committed to ensuring that no one faces an eating disorder alone or without knowing where to turn for help. Through its therapist-staffed National Eating Disorders Helpline, free weekly therapist-led support groups, and findEDhelp.com—a national directory connecting individuals and families with treatment and support—The Alliance provides critical resources nationwide. The organization also educates professionals and communities, advocates for better access to care, and works to change the public conversation around eating disorders and mental health. For more information, visit [AllianceforEatingDisorders.com](https://www.allianceforeatingdisorders.com).

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