

Suggested Hotline Message for Use by OA Service Bodies

Hi. You've reached the Overeaters Anonymous Hotline. Welcome. Overeaters Anonymous is a Fellowship of people who are recovering from compulsive eating and compulsive food behaviors. We follow the OA Twelve Steps of recovery based on the Alcoholics Anonymous Twelve-Step program and suggest the best way to get help is to speak with someone in recovery.

For contacts in the city name area, please call name at phone number or name at phone number, or leave a message with your name and phone number and we will return your call. You can also find OA information, and local meetings, by searching our Web site: www.oa.org. Thank you for phoning Overeaters Anonymous.