

# Resources for Students with Eating & Body Image Concerns

## CAMPUS RESOURCES

- FSU University Health Services (medical providers, registered dietitians). Call (850) 644 -4567 for an appointment.
- Counseling & Psychological Services (individual therapy and group offerings). Call (850) 644 - 8255 to learn more.
- Anonymously report concerning behavior: [report.fsu.edu](http://report.fsu.edu)

## NATIONAL CONFIDENTIAL SUPPORT LINES

ANAD Eating Disorders Helpline: 1 (888) 375 7767  
24/7 Crisis Text Line: Text HOME to 741741  
24/7 National Suicide Prevention Lifeline 988

## DID YOU KNOW?

Eating disorders can affect **ANYONE**, regardless of gender, ethnicity, race, age, or body size. There are resources to support you. You are not alone.

## PRIVATE RESOURCES

- **Find a Private Dietitian:** visit [healthprofs.com](http://healthprofs.com), enter your location, select "nutritionists and dietitians", and then sort by "eating disorder" under Issues category.
- **Find a Private Therapist:** visit [psychologytoday.com](http://psychologytoday.com), enter your location, select "eating disorder" under Issues category. You can also filter by insurance to find someone that takes your specific health insurance.
- **Better Living Solutions:** eating disorder program in Tallahassee that offers both residential and outpatient services with dietitians and therapists. Call (850) 765 - 6769.
- **The Renfrew Center:** eating disorder program in Coconut Creek FL that offers residential and in person/virtual outpatient services with dietitians and therapists. Call 1-(800) 736 - 3739
- **Project Heal:** program that offers financial assistance if you are unable to afford treatment. Visit [theprojectheal.org](http://theprojectheal.org) for more information.

## FREE ONLINE SUPPORT GROUPS

Organization	Group Details	Website
<b>Fed-up Collective</b>	LGBTQ+, BIPOC, fat positive groups (all genders)	<a href="https://fedupcollective.org/resources">https://fedupcollective.org/resources</a>
<b>Sage and Spoon</b>	BIPOC group (all genders)	<a href="https://www.nalgonapositivitypride.com/sage-and-spoon">https://www.nalgonapositivitypride.com/sage-and-spoon</a>
<b>Eating Recovery Center</b>	Variety of groups available depending on need (all genders)	<a href="https://www.eatingrecoverycenter.com/support-groups">https://www.eatingrecoverycenter.com/support-groups</a>
<b>The Renfrew Center</b>	College Student group (all genders)	<a href="https://renfrewcenter.com/support-group-for-college-students/">https://renfrewcenter.com/support-group-for-college-students/</a>



## WEBSITES

- National Association of Anorexia Nervosa and Associated Disorders (ANAD)
- Eating Disorder Hope
- Project Heal
- Association for Size Diversity and Health (ASDAH)
- National Eating Disorders Association (NEDA)

## BOOK SUGGESTIONS

- Anti-Diet by Christy Harrison
- The Wellness Trap by Christy Harrison
- Fearing the Black Body: Racial Origins of Fatphobia by Sabrina String
- Train Happy: An Intuitive Exercise Plan for Every Body by Tally Rye
- Fat and Queer: An Anthology of Queer and Trans Bodies and Lives, edited by Bruce Owens Grimm
- Intuitive Eating by Evelyn Tribole and Elyse Resch
- Disability Visibility, edited by Alice Wong
- Body Kindness by Rebecca Scritchfield
- The Body is Not An Apology by Sonya Renee Taylor
- Body Respect by Lindo Bacon
- Reclaiming Body Trust by Hilary Kinavey & Dana Sturtevant
- Fat Talk by Virginia Sole-Smith
- More Than A Body by Lexie and Lindsay Kite
- Decolonizing Wellness: A QTBIPOC Centered Guide to Escape the Diet Trap, Heal Your Self Image & Achieve Body Liberation by Dalia Kinsey

## BODY NEUTRAL AND ANTI-DIET INSTAGRAM ACCOUNTS

### Body Acceptance

@fitflexiblefluid  
@thebodypositive  
@fatfabfeminist  
@beautyredefined  
@shesallfatpod  
@effyourbeautystandards  
@thebodyisnotanapology  
@fatmarquisele  
@i\_weigh  
@autieselfcare  
@autism\_sketches

### Joyful Movement

@fitragamuffin  
@iamlshauntay  
@mynameisjessamyn  
@barbellblondie  
@unlikelyhikers  
@fatgirlshiking  
@amandalacount  
@roblympian  
@fatgirlsdancemovement  
@300poundsandrinning

### ED Recovery

@recovery.comesin.waves  
@yoursouthasiantherapist  
@thirdwheeled  
@fedupcollective  
@ed\_adhdtherapist  
@nalgona positivitypride  
@platebyplateapproach  
@binge.nutritionist  
@realistic.body.therapist  
@healingcrayons

### Intuitive Eating Accounts

@dietitiandeanna  
@veggiesandchocolate  
@no.food.rules  
@chr1styharrison  
@fyeahmfabello  
@theintuitive\_rd  
@evelyntribole  
@forktherules  
@thethicknutritionist  
@foodheaven  
@diets\_dont\_work\_haes1

## **FILMS/TV SHOWS WITH BODY ACCEPTANCE THEMES**

- Fattitude
- Well Rounded
- Dumplin'
- Hairspray (1988 version)
- Watch Out for the Big Grrrls
- Little Miss Sunshine
- Your Fat Friend
- Booksmart
- Shrill
- Thunder Force

## **PODCASTS**

- Food Psych with Christy Harrison
- The Eating Disorder Recovery Podcast with Dr. Janean Anderson
- Fat Joy with Sophia Apostol
- Maintenance Phase with Michael Hobbs and Aubrey Gordon
- Men Unscripted with Aaron Flores
- Fierce Fatty with Vinny Welsby
- Unsolicited: Fatties Talk Back with Marquisele Mercedes, Da'Shaun Harrison (& others)
- Burnt Toast with Virginia Sole-Smith
- She's All Fat with Sophia Carter-Kahn
- Body Justice with Allyson Ford