

BYU Women's Services & Resources

EATING DISORDER RESOURCES

Seek professional help if you or someone you know has an eating disorder. Early treatment leads to the greatest chance of recovery.

Have a support system. Simply talking with someone about your feelings, concerns, and struggles can greatly help and lead to recovery. Keep in touch with people you trust and turn to them for help and support.

You are not alone. In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life.



BYU RESOURCES

Women's Services & Resources

3326 WSC
801-422-4977
wsr-wellness@byu.edu

New Chapter

Dietician-led support group for disordered eating offered by Women's Services & Resources in the Fall and Winter Semesters.

Nutrition & Wellness Consultations

Free consultations with our Nutrition & Wellness Consultant.
wsr.byu.edu/nutrition-wellness-consultants

Counseling and Psychological Services (CAPS)

Free psychological counseling and therapy for BYU students (9+ credit hours), faculty, staff, and spouses. Group therapy is also available.
1500 Wilkinson Student Center
801-422-3035

Lauren Absher, MPH, RDN, CD

Dietitian with eating disorder treatment experience.

BYU Dining Services Dietician

Kaitlin Kartchner, MS, RDN, CD
Available to students as a resource for discussing nutritional concerns or dietary needs and helping to resolve any problems with dining on campus.
dining.byu.edu/eat
kaitlinkartchner@byu.edu
801-422-8649

Sports Nutrition

Rachel Higginson, RDN
Available to educate student athletes on making healthy food choices for athletic performance
123A ASB
801-422-8649

Comprehensive Clinic

Counseling services and psychological assessments available
John Taylor Building 1190 N 900 E Provo, UT
801-422-7759

OUTSIDE RESOURCES

Center for Change

Outpatient and inpatient treatment and support groups available for eating disorders.

1790 N. State St. Orem, UT
801-224-8250

WEBSITES

National Eating Disorders Association

nationaleatingdisorders.org
Academy for Eating Disorders
aedweb.org

Eating Disorder Referral and Information Center

edreferral.com

A Chance to Heal Foundation

achancetoheal.org

The Center for Mindful Eating

thecenterformindfuleating.org

Intuitive Eating

intuitiveeating.com

BOOKS

8 Keys to Recovery from an Eating Disorder

Carolyn Costin & Gwen Shubert Grabb

Intuitive Eating

Evelyn Tribole & Elyse Resch

Mindful Eating

Jan Chozen Bays

Life Without ED

Jenni Schaefer

Eat, Drink, and Be Mindful

Susan Albers

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