

## WSR RESOURCES

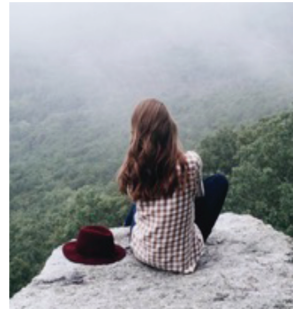
### New CHAPTER

Dietitian-led support group for disordered eating offered by Women's Services & Resources in Fall and Winter semesters

### Nutrition & Wellness Consults

Free consultations with our Nutrition & Wellness consultant  
Visit [wsr.byu.edu/one-on-one-consultations](http://wsr.byu.edu/one-on-one-consultations) for more information

contact us: 3326 WSC ▪ 801-422-4877 ▪ [wsr-wellness@byu.edu](mailto:wsr-wellness@byu.edu)



## BYU RESOURCES

### 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

#### Corinne Hannan, Ph.D Clinical Psychology

Psychologist specializing in disordered eating and body image  
801-422-3035

#### Lauren Absher, MPH, RDN, CD

Dietitian with eating disorder treatment experience  
801-422-3035

### BYU Dining Services Dietitian

Rachel Wasden, MS, RDN

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](http://dining.byu.edu/eat)  
801-422-3631

### 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](http://nationaleatingdisorders.org)

Academy for Eating Disorders  
[aedweb.org](http://aedweb.org)

Eating Disorder Referral and Information Center  
[edreferral.com](http://edreferral.com)

A Chance to Heal Foundation  
[achancetoheal.org](http://achancetoheal.org)

The Center for Mindful Eating  
[thecenterformindfuleating.org](http://thecenterformindfuleating.org)

Intuitive Eating  
[intuitiveeating.com](http://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

### 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.

[wsr.byu.edu](http://wsr.byu.edu)

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