

Resource Bank for

# BODY IMAGE & EATING CONCERNS

Please access each resource by clicking links!

## Campus Resources

- Wellness and Prevention: [Nutritionist Resources](#)- Consultations, Nutrition Counseling, Dining Hall tours, etc.
- [Student Health Services](#)
- [SNAP Food Assistance](#) is available to students who qualify
- [Office of Sustainability Food Pantry and Free Store](#)
- [Eating Concerns Program](#) - Counseling and Psychological Services
- [The Body Positive Program](#) through the [Women's Center](#)
- [Let's Talk](#)- Counseling and Psychological Services

## Websites & Videos

- [NEDA - National Eating Disorder Alliance](#)
- [The FEDUP Collective](#) - for Trans, intersex, and gender diverse individuals
- [ED Recovery Motivation](#)
- [Project Heal](#)
- [Free Support Group Schedule](#)
- [Supporting a Partner Through Recovery](#)
- [5 Ways to Help A Partner With An Eating Disorder](#)
- [Supporting Someone With An Eating Disorder](#)
- [10 Steps to Positive Body Image](#)
- [Identity & Eating Disorders](#)



## Social Media

### Instagram

- [@neda](#)
- [@bodyjustice.therapist](#)
- [@dr.jenniewh](#)
- [@alliancefored](#)
- [@thewellful](#)
- [@bodyimagewithbri](#)
- [@eatingrecovery](#)
- [@fatpositivetherapist](#)



## Books and Podcasts

- [The Body is Not an Apology](#) by Sonya Renee Taylor
- [Deconstructing the Fitness-Industrial Complex: How to Resist, Disrupt, and Reclaim What It Means to Be Fit in American Culture](#)
- [A Body Image Workbook for Every Body: A Guide for Deconstructing Diet Culture and Learning How to Respect, Nourish, and Care for Your Whole Self](#) by Rachel Sellers and Mimi Cole
- [Anti-Diet](#) by Christy Harrison
- [Food Psych Podcast](#) with Christy Harrison
- [The Eating Disorder Recovery Podcast](#) with Dr. Janean Anderson
- [Body Justice Podcast](#) by Allyson Ford
- [The Lovely Becoming](#) by Mimi Cole
- [Body Reclamation](#) by Nazira Sacasa

Interested in learning more?

### Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | [counseling.appstate.edu](http://counseling.appstate.edu)  
(828)262-3180 | [counseling@appstate.edu](mailto:counseling@appstate.edu) |  
[@appstatecounselingcenter](#)