

EATING DISORDER RESOURCES

Sexual abuse survivors can develop "coping mechanisms" like eating disorders to deal with the memories. Others develop disorders after being 'controlled' by their partner to have a certain appearance. Others do anything to have the unrealistic 'perfect' body image portrayed by media. Still others develop disorders for a variety of reasons. Therefore, we have listed some resources for awareness and healing below.

WEIGHT CONTROL INFORMATION NETWORK:

WWW.NIDDK.NIH.GOV/HEALTH/NUTRIT/NUTRIT.HTM 1-877-946-4627

THE AMERICAN DIETETIC ASSOCIATION, WWW.EATRIGHT.ORG

NATIONAL EATING DISORDERS ASSOCIATION, 1-800-931-2237

WWW.NATIONALEATINGDISORDERS.ORG

OVEREATERS ANONYMOUS HDQ. , [HTTP://OVEREATERSANONYMOUS.ORG](http://OVEREATERSANONYMOUS.ORG)

PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS, WWW.FITNESS.GOV

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS, INC.

WWW.ANRED.COM

NATIONAL MENTAL HEALTH ASSOCIATION, 1-800-969-6642, WWW.NMHA.ORG

EATING DISORDER REFERRAL AND INFORMATION CENTER, WWW.EDREFERRAL.COM

THE NATIONAL WOMEN'S HEALTH INFORMATION CENTER, WWW.4WOMAN.GOV,

WWW.4GIRLS.GOV, 1-800-994-WOMAN

THE BODY POSITIVE, WWW.THEBODYPOSITIVE.ORG

CAMPAIGN FOR REAL BEAUTY, WWW.CAMPAIGNFORREALBEAUTY.COM

CAMPAIGN FOR A COMMERCIAL-FREE CHILDHOOD,

WWW.COMMERCIALFREECHILDHOOD.ORG, "Marketing, Body Image and Eating Disorders".

SOMETHING FISHY: [HTTP://WWW.SOMETHING-FISHY.ORG](http://WWW.SOMETHING-FISHY.ORG)

MIRROR MIRROR: [HTTP://WWW.MIRROR-MIRROR.ORG/EATDIS.HTM](http://WWW.MIRROR-MIRROR.ORG/EATDIS.HTM)

ABOUT FACE: WWW.ABOUTFACE.ORG

"Killing Us Softly", "Slim Hopes" & "Can't Buy My Love", Jean Kilbourne,

WWW.JEANKILBOURNE.COM

"Girl Culture" & "Thin" by Lauren Greenfield, WWW.GIRLCULTURE.COM

"Full Of Ourselves: A Wellness Program to Advance Girl Power, Health and Leadership"

by Catherine Steiner-Adair and Lisa Sjoström

"The Eating Disorder Sourcebook" by Carolyn Costin

"Do I Look Fat In This?" by Jessica Weiner

"The Body Project" by Joan Jacobs Brumberg

"Sexual Abuse & Eating Disorders" by Mark Schwartz

"The Body Betrayed: A Deeper Understanding of Women, Eating Disorders, & Treatment" by Kathryn Zerbe

"Journal of Child Sexual Abuse" by Robert Geffner, Haworth Press

"The Teen Files: The Truth About Body Image" Narrated by Leeza Gibbons

Available for checkout from the Virginia Beall Ball Library, Indiana Youth Institute

