

# INTUITIVE EATING RESOURCES

## COUNSELING SERVICES

### **YSU Counseling Services**

**Phone:** (330)941-3737

**Services offered:** Free, short term counseling to students enrolled at YSU

### **Comprehensive Behavioral Health Associates Inc.**

**Phone:** (330)797-4050 **Location:** Youngstown and neighboring cities

**Services offered:** Mental Health counseling, primary care

### **Preferred Care Counseling**

**Phone:** (330)797-4050 **Location:** Youngstown and neighboring cities

**Services offered:** Mental Health counseling, body image, eating disorders

### **Greentree Counseling Center**

**Phone:** (330)372-2200 **Location:** Youngstown and neighboring cities

**Services offered:** Mental Health counseling

### **Travco Behavioral Health**

**Phone:** (330)286-0050 **Location:** Boardman and Warren

**Services offered:** Mental Health counseling, primary care

### **Akron Children's Eating Disorders Program**

**Phone:** (330)543-8538 **Location:** Akron, OH

**Services offered:** Eating disorder treatment program for adolescents

### **The Emily Program**

**Phone:** 216-765-0500 **Location:** Cleveland, OH

**Services offered:** Eating Disorder Treatment



National Eating Disorders Association

 NATIONAL HELPLINE | (800) 931-2237

 ONLINE CHAT | [WWW.MYNEDA.ORG](http://WWW.MYNEDA.ORG)

 CRISIS TEXT | [NEDA TO 741741](https://text.neda.org)

## SUPPORT GROUPS

### Ohio Eating Disorder Support Groups

**Website:** <https://www.edcatalogue.com/ohio-support-groups/>

**Akron Contact:** Antoinette Nether, LPCC (216)233-5216 Email: [littleflowers614@hotmail.com](mailto:littleflowers614@hotmail.com)

## ONLINE SUPPORT GROUPS

### Eating Recovery Center

**Website:** <https://www.eatingrecoverycenter.com/events/support-groups>

**Services offered:** Specific groups offered (i.e LGBTQ+)

### National Alliance for Eating Disorders

**Website:** <https://www.allianceforeatingdisorders.com/eating-disorder-support-groups-and-programs/>

**Services offered:** For those in recovery and their friends and family

### Center for Discovery

**Website:** <https://centerfordiscovery.com/groups/>

**Services offered:** Variety of **free** groups for different groups of people!

### Anorexia Nervosa and Associated Disorders

**Website:** <https://anad.org/get-help/about-our-support-groups/>

**Services offered:** Variety of free groups for different groups of people!

## BOOKS & PODCASTS

- *Intuitive Eating* by Evelyn Tribole and Elyse Resch
- *Health at Every Size* by Lindo Bacon
- *Anti-Diet* by Christy Harrison
- *The Body is not an Apology* by Sonya Rene Taylor
- Food Psych (Podcast)
- Maintenance Phase (Podcast)

## INSTAGRAM ACCOUNTS

- @evelyntribole
- @NEDA
- @beauty\_redefined
- @thenutritiontea
- @chlstyharrison
- @thethicknutritionist
- @no.food.rules
- @foodpeacedietitian
- @fierce.fatty
- @yrfatfriend