Eating Behaviors: Where Do I Go for More Information?

On the University of Illinois at Urbana-Champaign Campus

1. McKinley Health Center, Health Education Unit
   Room 333, McKinley Health Center, 333-2714
   Education programs offered on nutrition, sexuality and stress management.

   If you feel like you or someone you know has an eating problem, individual help is available.
   Call 333-2714 to make an appointment with a registered dietitian.

2. McKinley Health Center, Mental Health Unit
   Room 313, McKinley Health Center, 333-2705
   Individual consultation, assessment, short-term psychotherapy, medication treatment when appropriate and
   referral services.

3. McKinley Health Center, SportWell Center
   Room 333, McKinley Health Center, 244-0261
   Education programs and materials related to fitness and nutrition. Body composition analysis provided on a
   walk-in basis. (Call ahead to see what day body composition is offered)

4. Counseling Center
   Second Floor, Student Services Building, 333-3704
   Individual consultation, assessment, short-term psychotherapy, group therapy, written materials and referrals
   are available. Educational programs on body image and eating disorders are available upon request.

5. Self-Help Information Center (SHIC)
   Undergraduate Library, 244-7765
   Sponsored by the Counseling Center, SHIC has pamphlets, articles, books and videos on eating disorders
   and related topics.

National Organizations

1. National Association of Anorexia Nervosa and Associated Disorders, Inc. (ANAD)
   P O Box 640
   Naperville, IL  60566
   Helpline (630) 577-1330
   http://www.anad.org

2. National Eating Disorders Association
   603 Stewart Street, Suite 803
   Seattle, WA  98101
   (206) 382-3587
   http://www.nationaleatingdisorders.org

3. Center for the Study of Anorexia and Bulimia (CSAB)
   1841 Broadway, 4th Floor
   New York, NY  10023
   (212) 333-3444
   http://www.csabnyc.org

If you are a registered University of Illinois student and you have questions or concerns,
or need to make an appointment, please call: Dial-A-Nurse at 333-2700

If you are concerned about any difference in your treatment plan and the information
in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: http://www.mckinley.illinois.edu