

## Fact Sheet

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Student Health Services, Texas A&M University

### Resources for Students with Eating Disorders

Information and Referral      Counseling      Programs      Organizations/Websites

#### Information

The following departments have information and resource guides for you or a friend.

#### TAMU Student Health Services @ A.P. Beutel Health Center

- Appointments— 458-8250 or 458-8251 or online at [shs.tamu.edu](http://shs.tamu.edu)
- Health Care Practitioners provide physical assessment and referrals for students with an eating disorder.
- Dial-A-Nurse – Available 24 hours a day, 7 days a week (458-8379)
- Health Education—458-8322—A resource library containing books, brochures, videos, articles, journals, directories of community resources, educational programs, and referrals are available to students.

#### TAMU Student Counseling Services (SCS) @ Cain Hall—845-4427

- SCS offers free group and individual counseling by appointment and provides referral information for specialized services.
- Student Counseling Helpline—845-2700—The Helpline is available after 4pm M-F and 24 hours a day on the weekends and provides information, support, referrals, and crisis intervention by phone.

#### Referrals

The treatment of eating disorders is a complex issue that may lead to longer term treatment. Referrals can be made through the TAMU Student Counseling Services or the TAMU Psychology Department Clinic.

#### Counseling

##### TAMU Student Counseling Services (SCS)

- Cain Hall (845-4427)
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### **Educational Programs**

#### TAMU Student Health Services

- Health Education (458-8322) - Educational programs that can be tailored to your specific needs.
- Aggie REACH (458-8322) - Aggie Representatives Educating About College Health is a student organization which provides health education programs to students.

#### TAMU Student Counseling Services

- Cain Hall (845-4427) - Provides programs upon request.

### **National Organizations**

#### Anorexia/Bulimia Hotline

(800) 873-8732

#### National Association of Anorexia Nervosa and Associated Disorders

(847) 831-3438

PO Box 7

Highland Park, IL 60035

[www.anad.org](http://www.anad.org)

#### Anorexia Nervosa and Related Eating Disorders

(541) 344-1144

P.O. Box 5102

Eugene, Oregon 97405

[www.anred.com](http://www.anred.com)

#### Academy for Eating Disorders

(703) 556-9222

6728 Old McLean Village Drive

McLean, VA 22101

[www.aedweb.org](http://www.aedweb.org)

#### National Eating Disorders Association

(206) 382-3587

603 Stewart Street, Suite 803

Seattle, WA 98101

[www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org)

#### Eating Disorders Referral & Information Center

(858) 792-7463

2923 Sandy Pointe Suite 6

Del Mar, CA 92014-2052

[www.edreferral.com](http://www.edreferral.com)

### **Websites**

#### Eating Disorders – Mirror, Mirror

[www.mirror-mirror.org/eatdis.htm](http://www.mirror-mirror.org/eatdis.htm)

#### Eating Disorders Resources

[www.gurze.com](http://www.gurze.com)

#### Something Fishy

[www.something-fishy.com](http://www.something-fishy.com)

#### National Center for Overcoming Overeating

[www.overcomingovereating.com](http://www.overcomingovereating.com)