

Healthy Body Image Resources

Body Image: Loving Yourself Inside and Out:

A website of the U.S. Department of Health and Human Services' National Women's Health Information Center that promotes healthy body image among women. The website links to resources and information about healthy body image for both women and children.

<http://www.womenshealth.gov/bodyimage/>

Maine Eating Disorder Collaborative:

Teams trained to provide coordinated health care treatment for those with eating disorders. Teams consist of at least one medical practitioner, therapist, and registered dietitian and are in Augusta, Belfast, Blue Hill, Calais, Camden, Farmington, Lewiston, South Portland, Waterville, Bowdoin College in Brunswick, and the Long Creek Youth Development Center in South Portland. The teams provide services to children, teens, and young adults with eating disorders. For specific information about a team, to join an existing team, or to establish a new team in your area, please contact Mary Orear at megirls@midcoast.com or (207) 230-0170.

National Eating Disorder Association:

The National Eating Disorders Association (NEDA) is the largest not-for-profit organization in the United States working to prevent eating disorders and provide treatment referrals to those suffering from anorexia, bulimia and binge eating disorder and those concerned with body image and weight issues. <http://www.nationaleatingdisorders.org>

