

## Eating Disorders Help

National Eating Disorders Association provides an information and referral helpline 1-800-931-2237 (Mon-Fri, 8:00am-4:30pm)

While many places on PLU's campus support sufferers, the following professionals offer important services for beginning the healing process.

The **Counseling Center** can provide free, ongoing supportive counseling for people with eating disorders and referrals to off campus professionals as needed. Students can stop by, email or call to make an appointment with their staff.

(253) 535-7206    [councen@plu.edu](mailto:councen@plu.edu)    [www.plu.edu/~councen](http://www.plu.edu/~councen)

The **Health Center** can provide support for students with eating concerns and students who are worried about a friend's behavior. This can be the perfect place for students to speak about health-related concerns for the first time. The Health Center can assist students in the recovery process as well.

(253) 535-7337    [health@plu.edu](mailto:health@plu.edu)    [www.plu.edu/~health](http://www.plu.edu/~health)

While the **Women's Center** can't provide counseling or health services, we can support individuals in other ways, including: educating the PLU Community on body image and eating disorders, providing resources and information, and creating a campus climate where such issues can be addressed in a healthy and open format.

(253) 535-8759    [womencen@plu.edu](mailto:womencen@plu.edu)    [www.plu.edu/~womencen](http://www.plu.edu/~womencen)