

Resources within Project Heal (for any stages of disordered eating or recovery):

- ⇒ **Project HEAL Text Line:**
Text HEALING to 741741 for 24/7 support
- ⇒ **Schedule a FREE 60 minute clinical assessment:**
Visit: <https://www.theprojectheal.org/clinical-assessment>
- ⇒ **Financial help for those in need for treatment:**
Visit: <https://www.theprojectheal.org/cash-assistance-program>
- ⇒ **Apply for meal support:**
Visit: <https://www.theprojectheal.org/meal-support>

Resources at Temple:

- ⇒ **Tuttleman Counseling Services:**
Call: (215)-204-7276
OR
Visit: <https://studenthealth.temple.edu/services/nutrition/eating-disorders> .
<https://counseling.temple.edu/eating-and-body-image-concerns-unit>
- ⇒ **Wellness Consultation through the Wellness Resource Center:**
Email: TUWellness@temple.edu or call 215-204-8436
→ Free 30 minute conversation with a peer or wellness expert (Not counselors or therapists) about any concerns for you or a friend
→ Same-day appointment not guaranteed, but widely available!

Other Resources:

- ⇒ **Renfrew Center: Philly-based ED Treatment and Help**
Visit: <https://renfrewcenter.com/>
- ⇒ **NEDA Helpline:**
Call or text (800) 931-2237
- ⇒ **Healthy Minds Philly (24 Hours):**
Call (215) 685-6440 Text HOME to 741741

⇒ **Hunger-Satiety Scale:**

- o Be mindful of hunger/fullness cues and aim to stay between 3-7!

