

Healthy Body Image Resources

Phone

Eating Disorder Helpline (M-F) **(800) 931-2237**

Crisis Text-line **text “NEDA” to 741741**

Books

[Body Respect](#) by Lindo Bacon and Lucy Aphramor

[The Body is not an Apology](#) by Sonya Renee Taylor

[Understanding Body Dysmorphic Disorder](#) by Katharine Phillips

[The Eating Disorder Sourcebook](#) by Carolyn Costin

[Celebrate your Body](#) Sonya Renee Taylor

[Celebrate your Feelings](#) Lauren Rivers

Podcasts and Social Accounts to Follow

[Maintenance Phase](#) - a podcast debunking diet myths

[Colleen M Werner](#) - @colleenmwerner Plus Size Ballerina

[Anna Sweeny](#) - @dietitiananna Certified Eating Disorder RD & Supervisor

[Caroline Dooner](#) - @thefuckitdiet ex-dieter, professional reستر, & over it

[Janelle Dinosaurs](#) - @cirque_psych circus artist, coach and therapist

[Ginger Snaps](#) - @gingersnapsburlesque aerialist and burlesque performer

Groups

Binge Eating or Overeating

Overeaters Anonymous

<https://oa.org/>

Secular Overeaters

<https://secularovereaters.org/>

Virtual support groups for eating disorders of all kinds

https://www.eatingrecoverycenter.com/support-groups?gclid=CjwKCAiAjKu6BhAMEiwAx4UsAmA875po55hO27tw_D0yhoM5SYkERERSCY_OFtf7ce5O_pwhf2ZChoCscCQAvD_BwE

Plate by Plate Approach

For recovery

<https://www.platebyplateapproach.com/>

Websites

Eating Disorders

Eating Disorder Referral and Information Center

<https://www.edreferral.com/>

Bodypositive.com

<http://bodypositive.com/>

National Eating Disorder Association

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Relative Energy Deficiency in Sports

<https://www.brown.edu/campus-life/health/services/promotion/nutrition-eating-concerns-sports-nutrition/relative-energy-deficiency-sport-red-s>

Body Dysmorphic Disorder

Body dysmorphic disorder foundation

<https://bddfoundation.org/>

UCLA's BDD research program

<https://www.semel.ucla.edu/bdd>

Advocates for Size Diversity

Association for Size Diversity and Health

<https://asdah.org/>

The Body Positive

<https://thebodypositive.org/>

Fat? So?!

<http://www.fatso.com/>

National Association to advance Fat acceptance

<https://naafa.org/>

Workshops

[Kid Power](#)

[Defend Yourself](#)

Therapists in the Bay Area, CA

Amber Miller,

<https://www.psychologytoday.com/us/therapists/amber-miller-san-francisco-ca/784971>

ambermillerphd@gmail.com

(415) 737-5044

Annice Ormiston, PsyD: annice@dranniceormiston.com

Jennifer Vera, Therapist: jen@verapsychotherapy.com

Elizabeth Burns Kramer: elizabeth@elizabethburnskramer.com

Suzannah Neufeld, LMFT:
suzannah@suzannahneufeld.com

Jeanine Pontes-Boelter, PsyD:
DrJeaninePontes-Boelter@hotmail.com

Ariel Trost, PhD:
drarieltrost@gmail.com

Signe Darpinian, LMFT:
darpinians@aol.com

Richard Barnes, LMFT: (510) 497-4063
<https://richardjbarnesmft.com/>

Jill Rodgers-Quay, PhD: jill@jillrodgersquayephd.com

Tom Woolridge, PsyD:
tw@tomwooldridge.com

Marcella Raimundo, PhD:
givemeacarrot@yahoo.com

Emily Semow
<https://www.emilysemowpsyd.com/>

Mindful dietician

Hilary Cole
hcole@bayareanutrition.com