

where to get help?

NEDA Eating Disorder Screening Tool

A quick, confidential, and online self-assessment designed to help individuals determine if they have symptoms of an eating disorder. It is not a diagnostic tool, but can be a helpful first step in recognizing disordered eating behaviors and deciding whether to seek professional help. **Find localized treatment centers and specialist as well as on campus resources below!**



To access the screening tool scan the QR code above or visit NationalEatingDisorders.org/Screening-Tool

Local Providers

*Access to resources for eating disorder treatment are limited in local areas. This sometimes results in higher wait times. However, specialized virtual options are available.

- Evolve Mental Wellness
 - 410-642-4011
 - EvolveMentalWellness.com
- Cover Recovery LLC
 - 410-548-3333
 - CoveRecoveryllc.com/



Campus Resources

- Student Health Services
 - Holloway Hall, Room 180
 - 410-543-6262
- University Dietitian
 - Commons Building, Room 151
 - thpassano@salisbury.edu
- Counseling Center
 - GSU, Room 263
 - 410-543-6070

*The Counseling Center offers brief therapy which is often not recommended for eating disorder treatment, but can assist students who are ambivalent about treatment and help connect students to local providers.

Virtual Options in Maryland

- The Renfrew Center
 - 1-800-RENFREW
 - RenfrewCenter.com
- Eating Recovery Center
 - 866-480-1125
 - EatingRecoveryCenter.com
- Center for Discovery
 - 855-200-6435
 - CenterForDiscovery.com

Other Support Options

- ANAD.org
 - **Helpline: 1-888-375-7767**
 - Support Groups
 - Recovery Mentor
- AllianceForeatingDisorders.com
 - **Helpline: 1-866-662-1253**
 - Support Groups