Know when to seek treatment

If you are not able to engage in your care and exhibit the following behaviors, we will recommend eating disorder treatment, which typically means leaving school temporarily:

+ Persistent binging, purging, over exercising, calorie restriction or use of diet pills or laxatives.
+ Unhealthy weight and vital signs (blood pressure, heart rate, temperature).
+ Refusal to follow recommendations from your support team and coaches related to appointments, medication, diagnostic testing, exercise limitations, meal planning, therapeutic activities and weight gain.
+ Physical self-harm or substance abuse.

You may also be able to identify signs from previous experiences that indicate when your symptoms are beyond your control. Discuss these warning signs with your support network so they can help you determine if you need advanced treatment.

OhioHealth Campus Care at Ohio University
Hudson Hall
Building 35 on the campus map
(740) 592.7100
Create a Clinical Support Network

**COUNSELOR**
- Schedule individual therapy visits weekly to monthly, depending on your symptoms and needs.
- Attend group therapy or Eating Disorders Anonymous meetings.
- Engage in the therapy process.

**DIETITIAN**
- Meet with a dietitian weekly to monthly, depending on your symptoms and needs.
- Consider using Recovery Record to track food intake and to help you communicate with your dietitian, parents or others about how well you are meeting your nutrition goals.
- Set goals for sticking to a meal plan.
- Discuss and follow recommendations for food intake, exercise and weight management.
- Engage in the meal planning and troubleshooting process.

**PRIMARY CARE PHYSICIAN**
- Meet with a physician monthly or as often as your symptoms and needs dictate.
- Have laboratory tests completed as ordered at the recommended time.
- Follow medication recommendations and exercise limitations.
- Present for weight checks with nursing staff weekly, or as recommended. You may want to consider gowned, blinded weigh-ins to avoid temptations to manipulate your weight.
- Openly discuss your symptoms and behaviors with your physician.

**PSYCHIATRIST**
- Meet with a psychiatrist if your physician or counselor recommends.
- Follow advice of psychiatrist including medication.

**ATHLETIC TRAINER** *(if involved in organized sports)*
- Notify your coaches about your eating disorder and treatment plan.
- Report any symptoms associated with exercise to them and your physician.
- Follow exercise limitations set by your care team.

**Establish a safety net**
Sign records release forms to allow for communication about your care plan, weight, concerning or dangerous symptoms and behaviors, and recovery goals with:

- Your parents or designated support person.
- Your Eating Disorder Support team.
- Outside treatment centers.
- Coaches or athletic trainers if involved in organized sports.

**Create accountability partners**
- Establish a support system outside of your medical providers.
- Talk to five or more people about your eating disorder. Be sure to include people who have a healthy relationship with food and body image:
  - Share your story with your parents, friends, coaches, teammates, professors, sorority or fraternity leaders, or co-workers.
  - Offer resources from the National Eating Disorders Association to help them understand your disorder. Visit [NationalEatingDisorders.org](http://NationalEatingDisorders.org) and click on “How Do I Help?” to find helpful toolkits tailored to your different relationships:
    - Parents Toolkit
    - Coach and Trainer Toolkit
    - Educator Toolkit
    - Workplace Toolkit
- Attend weekly Eating Disorders Anonymous meetings Contact EDAAthensOhio@gmail.com for more information.

**Remove barriers to recovery**
- Consider:
  - Removing scales from your home, residence hall, or apartment.
  - Discontinuing use of calorie or exercise tracking apps or devices.
  - Identifying behavior triggers and sharing what bothers you with others.
  - Deleting social media accounts that trigger your behaviors.
- Make plans for support, accountability or more advanced treatment while away from campus during breaks. Your providers may be able to make recommendations for resources in your hometown.

**Focus on the benefits of being well**
- Increased energy and a better mood.
- Enhanced trust from the people in your life.
- Ability to maintain scholarships and finish your degree.