EVERY BODY BELONGS HERE

NEDA

Tips for Students: Eating Disorders & Mental Health

by Rocio Avila, LCSW I Adapted for Back to School

School can bring stress, pressure, and big changes. If you're struggling with food, your body, or your mental health—it's okay to speak up. You're not alone

Signs to Look Out For

- You're eating more or less than usual, and it feels tied to stress.
- You feel anxious, down, or unhappy with your body.
- You're avoiding meals or social events with food.
- You're falling behind in school or having trouble focusing.
- You've returned to past eating disorder behaviors.
- These are signs to reach out for support.

Things to Remember

- Eating disorders don't have a "look"—anyone can struggle.
- They affect people of all sizes, races, and genders.
- You deserve help, even if you're not sure how to describe what you're feeling.
- You don't have to do this alone.

Where to Get Help

High school: Talk to your school counselor. They can help you find support and talk to your family.

College: Reach out to your campus counseling center.

Anyone: Talk to someone you trust—a friend, teacher, coach, or RA.

Visit nationaleatingdisorders.org for free tools, info, and a quick screening test.