






Resource Guide: Disordered Eating and its Impact on Adolescents *November 2022*


The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement an NYS law requiring mental health instruction as part of the K-12 curriculum.

Our [Family and Community](#) page is home to helpful information and user-friendly resources for supporting youth in school and beyond. The [Family Education Webinar Series](#) was designed to share information and resources on a variety of topics so families, caregivers, and youth could learn together. A recording of ***Disordered Eating and its Impact on Adolescents*** will be available in the webinar archive along with other helpful recordings including: ‘Understanding and Supporting Teen Emotional, Mental and Sexual Health’, ‘Fostering Wellness: Starting with the Brain’, ‘Suicide Prevention Strategies for Families/Caregivers’, ‘Achieving Whole Person Wellness’, ‘Becoming a Resilient Family’ and ‘Coping with a Crisis’ which is available in English and Spanish.

Families & Caregiver Resources to Consider

<p>988 Suicide and Crisis Lifeline We Can All Prevent Suicide. What is 988? 988 is more than just a number. It is a direct connection to compassionate and accessible care. When you call, text, or chat 988 you are connected to trained counselors that are part of the National Suicide Prevention Lifeline Network. Interpretation support is currently available in over 150 languages.</p>	
<p>Western NY Comprehensive Care Center for Eating Disorders Provides treatment and support. Services include individual, family/caregiver and school based information to support youth in need.</p>	
<p>National Eating Disorders Association (NEDA) Helpline Available for calls or texts at 1-800-930-2237 or via an online chat Monday - Friday. NEDA provides resources, support and treatment options for individuals and their loved ones struggling with an eating disorder. They also have a screening tool for ages 13+ to help determine if it is time to seek professional help.</p>	

<p>National Center of Excellence for Eating Disorders (NCEED) Provides a free screening tool, resources, toolkits and education for families, individuals and providers.</p>	
<p>NYS Office of Mental Health Provides information for families and consumers. Cut search time by using the Find a Mental Health Program to find resources across New York State.</p>	
<p>Suicide Prevention Center of NY Educators and school staff can access evidence-based trainings, workshops and online modules to support students in the classroom. Their Resource Library provides videos, guides, and helpful information for specific populations</p>	
<p>NYS PTA Wellness Team Provides resources and links to help parents, families, and caregivers learn about and advocate on various topics including but not limited to health, mental health, juvenile protection, and nutrition.</p>	
<p>NYS Department of Health Provides resources, fact sheets, and an easy-to-use Provider Directory to help navigate services available all across New York State.</p>	
<p>Child Mind Institute Eating and Eating Disorders Their site includes information including Quick Guides for Anorexia Nervosa, Binge Eating Disorder, Bulimiam Nervosa, Autism and Picky Eating and much more.</p>	
<p>Eating Disorders in Children 12 and Under: Learn the Warning Signs Read this article and others at PSYCOM</p>	

<p>Boston Children's Hospital Provides detailed overviews of <i>Eating Disorders</i> and other resources.</p>	
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Additional Resources to Support Youth

<p>Mental Health Conversation Starters A toolkit that provides sample prompts for a variety of situations or concerns and tips on how to create a safe, caring and age-appropriate atmosphere for ongoing conversation and dialogue with children and youth.</p> 	<p>A printable Spanish language version is also available here.</p> 
<p>Mental Health America Explore their tips for parents, relatives, and school personnel to better support youth with Eating Disorders and understand the impacts of social media on wellbeing.</p>	
<p>Mind, Body and Sport: Eating Disorders Learn about the risks and challenges athletes face and explore mental health education resources for college students</p>	
<p>Native Food is Medicine: Providing Support for AI/AN Youth through the Healing Power of Food Watch this and many other educational webinars on Native Center for Behavioral Health's Youtube page.</p>	
<p>The Trevor Project Find information and support for LGBTQ+ youth and families, including Eating Disorders among LGBTQ Youth and other supportive resources</p>	

[Hunger Solutions NY](#)

Can help you find information on child nutrition, healthy school meals, WIC and SNAP benefits, and much more! Their [Find Food Help](#) can locate services across New York State.



At MHANYS we strive to make **Mental Health First Aid** as common and accessible as CPR for all New Yorkers. You can learn more about available products, training opportunities, or request one today by clicking [here](#) and completing the [Training Inquiry Form](#).

Are you interested in bringing MHFA to your community, but live outside of New York? We can help you learn more about the [National Council for Mental Wellbeing](#) and find opportunities near you.

For additional information regarding policy and legislative updates, explore the MHANYS website at www.mhanys.org or join their newsletter to stay current with agency and statewide news.

JOIN our newsletter for school and caregiver information, events, and training opportunities.

EXPLORE additional resources by visiting our website at www.mentalhealthEDnys.org .

CONNECT with staff by calling (518) 434 - 0439 or contacting us directly at schools@mhanys.org.