

**change your
narrative**

IMAGE MATTERS
CAN BE HARD TO UNDERSTAND.
WHAT SHOULD I KNOW ABOUT IT?

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www.ChangeYourNarrative.org

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SHIFTING INCOMPLETE STORIES
OF IMAGE MATTERS
TOWARDS TRUTH.

How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

I Am Glad You Are Here...

The goal of this book is to create an environment of support along with hosting resource and tools which guide individuals who struggle with image matters towards wholeness.

You might have picked up this booklet for numerous reasons.

You might have a friend or loved one who struggles, and you are seeking to learn more about what they are going through and how you can support them.

You also could be struggling with image matters yourself and may wonder what to do.

No matter the reason you are here, you are welcome. We are glad you are reading this and hope to share insight which offers you guidance.

As you go through the next few pages, know I believe in your future and hope you find all of the tools you might be looking for to help you or someone you know to take action and fight back against image matters which seeks to call the shots in life.

Because each of our stories—are far from over.

Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take healthy action steps.

Healing is not a one time event. It is a process. Throughout that process, there are numerous obstacles. This must be acknowledged. Yet, even with the challenge, I believe you or someone you care for has what it takes to make it through.

We are rooting for each of you out there, not only once someone completes a journey, but every step inside it.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book for places to turn.

For Immediate Help:

Covenant House- 1800-999-9999

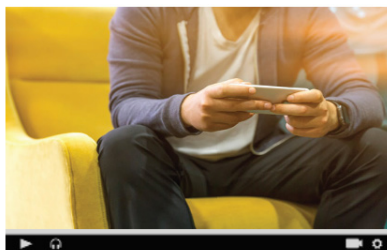
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>

SHIFTING THE NARRATIVE
of lost hope

What Is An Image Matter?

The Oxford dictionary defines self image as, “The idea one has of one’s abilities, appearance, and personality.”¹

But is appearance is tied to ability and personality?

In a media saturated world—I believe many of us are struggling with an image matter—which I would define as an unhealthy view that one’s own worth, value, and identity being first defined by physical appearance.

But what if you are more?

Studies have shown that image matters are rampant. Many individuals who struggle wrestle with confidence, self-esteem, or negative self-talk. Some individuals pair negative thoughts with harmful behaviors. When those behaviors become habit—this might be defined as an eating disorder.

This does not mean all individuals who struggle with an image matter have an eating disorder.

But if you are one of the 30 million people of all ages and genders suffer from an eating disorder in the U.S.², I want you to know you are not alone.

No matter the severity of your behaviors or thought patters, I want you to know my team and I are rooting for you.

The thoughts in your head and heart may be sourced from a legitimately sourced desire, yet allowing an image matter to hold the pen of your story is not your final fate.

I believe you have what it takes to shift the incomplete story of an image matter towards truth and discover an identity which goes beyond image.

What Is An Image Matter? - Video Discussion



<https://youtu.be/OH0rBxjNU04>

What Is An Eating Disorder?

While the three top eating disorders remain Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder there are several, disorders which are recognized by the American Psychiatric Association's (DSM-5).

Whether common or rare, each of these conditions disrupt the lives of thousands. If you recognize these behaviors, we recommend seeking professional care.

[Healthline.com](https://www.healthline.com) helps us to understand the fact each of these issues are about more than food. They state that each of these are "complex mental health conditions that often require the intervention of medical and psychological experts to alter their course."³ These conditions include:

Anorexia Nervosa

Characterized by restrictive habits in an effort to lose weight along with a misconception of one's physical appearance, no matter their weight level.

Bulimia Nervosa

Characterized by eating large amounts of food often followed by purging that food from the body.

Binge Eating Disorder

Characterized by eating large amounts of food, without purging behaviors.

Rumination Disorder

Characterized by regurgitation & re-swallowing.

Avoidant/Restrictive Food Intake Disorder

Characterized by purposefully avoiding or restricting food intake.

Purging Disorder

Characterized by purging behaviors without bingeing.

To learn more about the signs and symptoms, we recommend the following article on www.Healthline.com and their article found here: <https://www.healthline.com/nutrition/common-eating-disorders>

Or visit HelpGuide.Org at <https://www.helpguide.org/home-pages/eating-disorders.htm>

What Is An Image Matter? - Video Discussion



Link https://youtu.be/gT8DMsgr_gw

How Many Individuals Struggle?

- 30 million people of all ages and genders suffer from an eating disorder in the U.S.²
- The most common eating disorder in the United States is binge eating disorder (BED). It is estimated that 3.5% of women, 2% of men, and 30% to 40% of those seeking weight loss treatments can be clinically diagnosed with binge eating disorder.⁴
- 40-60% of elementary school girls (ages 6-12) are concerned about their weight or about becoming too fat. This concern endures through life.⁵
- Eating Disorders Clinical and Research Program at [Massachusetts General Hospital](#), says that 40 to 60 percent of high school girls in the U.S. are dieting and 13 percent are purging.⁶
- 91% of women who were surveyed on a college campus had tried to control their weight by dieting, and 22% of them dieted “often” or all the time.⁷
- The Butterfly Foundation in Australia reported 40% of people experiencing Binge Eating Disorder are men.⁸
- Eating disorders statistics tell us that in order for treatment to be successful, it must be multifaceted. It must include medical care, mental health care, and nutritional education and counseling.⁹ With treatment, 60% of eating disorder sufferers make a full recovery.⁹

What Are The Warning Signs?

The National Eating Disorders Association explains the signs and symptoms of several eating disorders in the below video:

<https://youtu.be/nJMtReAg1DI>

Due to the intricate nature of multiple Eating Disorders, for a listing of warning signs and symptoms, please see:

<https://www.nationaleatingdisorders.org/learn/by-eating-disorder/anorexia/warning-signs-symptoms>

Additionally, if you or someone you care about are seeking a tool in order to determine if it is time to reach out for professional help, consider utilizing the National Eating Disorder Association's Screening Tool, available here:

<https://www.nationaleatingdisorders.org/screening-tool>



Scan QR code to access tool

Guilt Versus Shame

I want to take a moment to share something personal. I believe that both guilt and shame can be triggers for negative head space and dark thoughts. Because of this, it is important for me to share how I see guilt and shame, and how we can work through them.

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. Shame, on the other hand, is the cruel rebranding of our identity. It suggests that because of an action—we are somehow a different person. It seeks to stake a claim on *who we are*.

Guilt can be healthy. Our words, actions, and behaviors have consequences. Guilt helps us to take ownership, learn, and grow. Shame, however, doesn't offer a solution. It just grips our thoughts & emotions in a vice.

How do we escape the trap of shame? I want to continue this critical conversation in the video below.

Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>

YOU'RE BRAVER
THAN YOU BELIEVE,
AND STRONGER
THAN YOU SEEM,

AND
SMARTER THAN
YOU THINK.
A.A. MILNE

Is It Okay To Talk About Image Matters?

The fact you are asking, is a positive thing. The short answer, is “Yes.” And with that, I would also add it is important to find the right place to talk about it. This is not a matter of shame or an indication that your story is not worth listening to. Instead, what I want for you is for you to have every possible option of being heard as you share such an important part of your thoughts and feelings.

Because of this, I want to take the next few pages and talk about how to share, who to share with, and small steps you can take as you work towards discussing the matter with someone who can help you take healthy, positive action.

As always, however, if you are in danger or harm, be sure to consult with a professional immediately; or call 911.

Ways to reach out:

Covenant House- 1800-999-9999

National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

What To Do If Someone Shares About An Image Matter

Learning that someone you care for wrestles an eating disorder thoughts can be incredibly painful. No one wants a friend or loved one to feel intense internal or external pain.

The reasons, cause and effect behaviors, and thoughts and emotions which lead someone to an eating disorder range from short-term triggers to extreme inner distress. As you lean in and learn more, you can enter into conversations with a healthy perspective. In order to do so, we suggest to:

- Avoid Judgment
- Process First
- Educate Yourself
- Acknowledge Further Incidents

For a more in-depth discussion about these points, check out the video below.

What To Do When Someone Shares? - Discussion



<https://youtu.be/IUE1GnZBMus>

Is It Betrayal If I Intervene Or Get Insight About Someone's Eating Disorder?

If you believe someone you care for is in danger of an eating disorder, it can be easy to become frozen, unsure what to do or how to help. It may even feel as if intervening would make things worse—and possibly be seen as an act of betrayal.

I know—because I have been there myself. But, there have been a few key factors which have helped me work through the options and knowing what is right.

My Personal #1 – If it feels like time to act—it probably is. In truth, it is usually fear of repercussions which holds me back more than reasoning which says it is time. Over the years, I have learned to trust my gut.

The Real #1 – If you are a mandated reporter, and you learn someone within your influence is in an threat of harm or danger—either at their own hand or someone else's—it is time to act.

Legal requirements vary from state to state. I would encourage you to check with your local laws and follow the stated course of action. That being said—make sure you also are following your organization's policy and procedures to make sure the right people have been informed and the person you care for is receiving the best form of support and guidance from your whole team.

But, What If I Am Concerned About A Family Or Friend?

The truth is, there are not policy and procedure guidelines for relationships. And intervening can have ramifications for that person—and your relationship. This is valid. It is something which must be discussed.

I do not know all of the ins and outs of your specific situation. But, you can talk with someone who can give direct guidance for what you are facing, provide you with educational tips which match your situation, and help you feel confident in taking your next step.

This is why I highly recommend you calling a hotline. They can help you gauge the situation and know what your options are to get someone help. As always, if you believe someone is in immediate threat of harm that you should not call 911 immediately.

Yet, the question remains, “What about backlash?” Let’s discuss the matter in the video below:

Is It Betrayal If I Intervene? - Video Discussion



<https://youtu.be/VGF7Zf0RyOI>

CREATE A

TRAINING PLACE

AND STRATEGY SPACE

What Kind Of Help Exists?

Due to the intensive nature of eating disorders and the fact it speaks to deep internal struggles, finding help for eating disorders usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual life who can help them connect with that skilled professional.

If you are the individual they turn to, be sure to encourage them. Reiterate that anything which is locked inside of their thoughts and feelings deserves a place to be processed in a safe environment which can give them actionable guidance and tools.

Additionally, there are a host of tools which can help you both find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities With Offer Support
- Finding A Professional

What Kind Of Help Exists? - Video Discussion



<https://youtu.be/A7CNzHsrg0M>



Apps Which Offer Support

TalkLife offers online support similar to group therapy. Share anonymously or with your name.

Moodpath offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

Happify includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

What's Up aids individuals in discovering the cause of feelings and thoughts through guided questioning.



Self-Help For Anxiety Management (SAM) offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.

Panic Relief provides coping strategies, exercise, and breathing techniques to help move through a moment of panic.

PTSD Coach provides ways to understand PTSD along with how to find additional help.

BeyondBlue App provides tools to build and implement a safety plan.



Communities Which Offer Support

NEDA's Network of Support Groups

<https://www.nationaleatingdisorders.org/help-support/support-groups-research-studies>

Regionally searchable, local support groups.

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Extensive, geographically based options for free or low cost counseling, support groups, therapy options and more. Simply type in your zip code for access to options.

The Butterfly Foundation -

<https://thebutterflyfoundation.org.au>

Offers online support, education, and relatable stories for men battling eating disorders.

Catalog Of National & International Support

<https://anad.org/education-and-awareness/online-resources/eatingdisorderorganizations/>

Offers a global range of support pages, offering a diversity of resources for common and unique concerns.

Eating Disorder Support Center -

<http://edr.csv.org/free-online-support-groups/>

Offers community support for individuals who struggle and separate support groups for family members.

NAMI Connection Recovery Support Group

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Connection>

Offers peer-led support groups for a range of mental health struggles.

A thousand disappointments
IN THE PAST CANNOT

equal the power of

ONE POSITIVE

action right

NOW. GO AHEAD

& go for it.

UNKNOWN AUTHOR

A Conversation On Depression Medication And Natural Remedy

When thinking about sharing a story with a support professional, we may believe the first thing they will do is prescribe talk therapy or medication.

This is likely to be true. If that concerns us, it might help to do a little bit of research in order to understand what it means to take medication, the side effects, and what you can expect when considering options.

In the video below, we have links to articles and voices which are more qualified to share.

Please note: In the instance of eating disorder, it is likely individuals will need more guidance and tools than depression or anxiety medication alone. This conversation is only offered as a means of alleviating the unknowns about medication and alternative options. Please consult with a medical doctor for all decisions regarding health and mental well-being.

What Is The Right Type Of Help? - Video Discussion



<https://youtu.be/Vnch5AvmWAM>

Reiterating Why You Offer Support

When an individual struggles with an image matter, they often are caught in a mental battle of wondering why they are worth your time, effort, or love.

The question in their mind constantly is, “Why someone would want to help me?”

They may also believe help will be temporary until someone sees them as a burden or as a person who is just “too much.”

Because of these factors, It is important for those offering support to be a continual source of reassurance in why you want to support them—why you want to see them reach a place of wholeness.

This does not mean they dictate our lives or we cater to every whim. That is not what I am talking about. Healthy boundaries are important in every relationship, even ones which have serious complications in the midst.

Yet, I believe one of the best things we can do for someone who is struggling with an image matter is to continuously and consistently reiterate *the why* behind our actions.

So, “Why would anyone want to help someone who is fighting to shift the story of image matters?”

I wholeheartedly believe it is because our care for that person gives us compassion and insight into three things: their future, their pathway, and their value.

Their Future

You have an intrinsic belief that as someone you care for walks a path of wholeness and healing—they have a future.

Their Pathway

You may not have the professional skill to offer the treatment or healing needed, yet you want to be with them on their pathway as they seek it out. You want to offer tangible guidance and see them win in the journey.

Their Value

You have a foundational belief—that the person you care for has value. When you speak with them—it is directly tied into a personal reason why you believe they matter, have importance, and that the outcome of their life is important to you.

Reiterating Why You Offer Support - Video Discussion



<https://youtu.be/fP4Xpr9jDz0>

The Obstacles In Offering Help

It is fair to talk about the obstacles someone you care for may meet along their journey. It is incredibly tough to watch them face one or all of the following. I acknowledge the fact these moments can create tremendous setback or make it difficult for them, or maybe even you, to want to continue to fight for wholeness. I encourage you to continue to seek support and encouragement for yourself as you journey alongside of them. May you have the strength to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.

The Obstacles In Offering Help - Video Discussion



<https://youtu.be/P3DTsdnz8hA>

Am I A Failure If Someone I Care For Won't Stop Thinking This Way?

If someone you care for is engaging in continuous eating disorder behaviors, it can be incredibly painful.

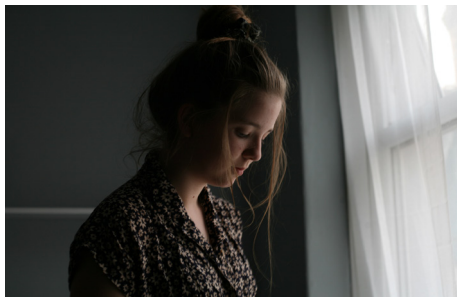
You likely have noticed your own sense of worry, fears, and emotions for that person. This is natural, because you love them and want them to be healthy.

But the one thing we don't talk about is the fact that beneath all of this, you may also feel a sense of failure.

If you feel as if you have failed at being a good friend or supportive loved one because the individual you care for has not changed, I want you to know I understand. Your feelings are valid. But, you are not a failure.

In this instance, we need to change the parameters for what true success and failure really are. Let's continue the conversation in the video below:

Fighting The Feeling Of Failure - Video Discussion



<https://youtu.be/UHj05KcPENc>

**FAILURE IS AN EVENT, NEVER
XXX a person. XXX**

««« *dale carnegie* »»»

What To Do When A Loved One Pushes Back

Getting push back when you try to help, is frustrating. As you engage with them, remember it is important to:

1. Go at their pace.
2. Own what is yours.
3. And yet, know this may not be about you.

Recognize push back is often overcome by:

- Being consistent.
- Stating why you are for them.
- Reaffirming them.
- Apologizing for previous disappointments.

Lastly, be honest. It might be good to share how their behavior made you feel.

For a more in-depth discussion about these points, and how to overcome them, check out the video below.

When A Loved On Pushes Back - Video Discussion



<https://youtu.be/RZvb4ZRt6rA>

Building A Safety Plan

If you are taking a stand against image matters, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope having a pathway to fight back helps you continue to seek wholeness.

Please note: Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas on how to fight back against eating disorders are not intended to take the place of professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is *Challenge The Storm*: <http://challengethestorm.org/safety-plans-mental-health/>

Additionally, HelpGuide.org has tips on how to create a plan to fight back when an image matter occurs. <https://www.helpguide.org/articles/eating-disorders/eating-disorder-treatment-and-recovery.htm>

Building A Safety Plan - Video Discussion



<https://youtu.be/sy1yM31mX3s>

Safety Plan Resources

If you struggle beyond an image matter, and find yourself facing a range of additional struggles, know there are safety plan resources available for those too. Some of these include:

Suicide Prevention Lifeline – Safety Plan Template.

https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_StanleySafetyPlanTemplate.pdf

1 page safety plan print off with space to write in warning signs, coping strategies, and more.

Get Self-Help

<https://www.getselfhelp.co.uk/docs/SafetyPlan.pdf>

Offers a second safety plan print off, with tools and resources from the UK.

Therapist Aid

<https://www.therapistaid.com/therapy-worksheets/suicide/none>

Offers free worksheets for building a self-harm safety plan, suicide assessment, and warning signs.

Nick's Experience With Using A Safety Plan

https://youtu.be/jW2Hvv_vN40

One young man's story of how he uses a safety plan in times which feel challenging.

The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each individual to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can.

I welcome you, and those you care for, to find it.

The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

Identity Goes Beyond The Struggle

In the core of who I am—I am convinced none of us are defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you or someone you love has faced a deep struggle or have been treated in ways they did not deserve, I believe it does not have to be the key identifier of what makes an individual—them.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define a life. I believe each of us still have life in front of us and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>

Your Invitation To Shift The Story

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

Come On A Journey To Find Wholeness...



<https://www.youtube.com/watch?v=ThTdleKhc-CY&t=6s>

Please Note:

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

If you are in immediate harm or danger call 911.

Additional Resources:

24/7/365 Crisis Call Center Hotline:
1 (1800) 273-8255

National Suicide Prevention Lifeline
1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:
<http://remedylive.com/soulmedics/>



Resource Guide:

Apps Which Offer Support
Communities Which Offer Support

Resources For:

Parents
Families
Ministry Leaders
Teachers
Men



Apps Which Offer Support

TalkLife offers online support similar to group therapy. Share anonymously or with your name.

Moodpath offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

Happify includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

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Communities Which Offer Support

NEDA's Network Of Support Groups

<https://www.nationaleatingdisorders.org/help-support/support-groups-research-studies>

Regionally searchable, local support groups.

To Write Love On Her Arms -

<https://twloha.com/find-help/>

Extensive, geographically based options for free or low cost counseling, support groups, therapy options and more. Simply type in your zip code for access to options.

The Butterfly Foundation -

<https://thebutterflyfoundation.org.au>

Offers online support, education, and relatable stories for men battling eating disorders.

Catalog Of National & International Support

<https://anad.org/education-and-awareness/online-resources/eatingdisorderorganizations/>

Offers a global range of support pages, offering a diversity of resources for common and unique concerns.

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<http://edr.csv.org/free-online-support-groups/>

Offers community support for individuals who struggle and separate support groups for family members.

NAMI Connection Recovery Support Group

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Connection>

Offers peer-led support groups for a range of mental health struggles.



Resources for Parents

How To Help Someone With An Eating Disorder

What Mia Did Next

<https://www.youtube.com/watch?v=HbIB2W2kZus>

Mia gives her firsthand advice on what did and did not help her during her recovery process—and how you can support someone you care for.

Promoting Health Body Image In Your Children

<https://raisingchildren.net.au/pre-teens/healthy-lifestyle/body-image/body-image-teens>

Offers ways to influence your child's body image in a positive way, along with what signs to look for if you are concerned for your child.

Guys Get Eating Disorders Too

<https://thebutterflyfoundation.org.au/understand-eating-disorders/guys-get-eating-disorders-too/>

Provides education on how image matters present themselves for males—along with firsthand accounts.

5 Signs Your Teen Might Have An Eating Disorder

Mayo Clinic

<https://www.youtube.com/watch?v=yZpMT8dvqE0>

Offers 5 signals to look for—in under a minute.

How I Survived Anorexia

BBC Three

<https://www.youtube.com/watch?v=yZpMT8dvqE0>

Jodie, her mom, and her friend discuss Jodie's struggle and recovery from Anorexia—including how Jodie felt split into two person, and then I earned how to be whole.

National Eating Disorder Association Screening Tool

NEDA's website states this tool is, "appropriate for ages 13 and up — can help determine if it's time to seek professional help."

<https://www.nationaleatingdisorders.org/screening-tool>

Warning Signs And Symptoms

National Eating Disorders Association

<https://youtu.be/nJMtReAg1DI>

Explains the signs and symptoms of several eating disorders.

What's Eating You? A Workbook for Teens with Anorexia, Bulimia, And Other Eating Disorders by Tammy Nelson PhD

<https://www.amazon.com/dp/1572246073>

Provides insight combined with short, actionable prompts to build a circle of support, tools, and healing resources.

What Is My Identity?

Sadie Robertson

<https://www.youtube.com/watch?v=1kL2bXmfquw>

Sadie asks three questions to viewers to help them form the foundation of their identity, with a faith-based point of view.

Support For Families

NEDA's Network Of Support Groups

<https://www.nationaleatingdisorders.org/help-support/support-groups-research-studies>

Regionally searchable, local support groups.

The National Alliance On Mental Illness has a directory of support groups for you and your family.

<https://www.nami.org/find-support/nami-programs/nami-family-support-group>

The Society For Adolescent Health And Medicine has a comprehensive listing of additional support options.

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>

Family Caregiver Alliance provides a map of network help in your area.

<https://www.caregiver.org/family-care-navigator>



Resources For Ministry Leaders

The Truth About Eating Disorders

Focus On The Family

<https://www.focusonthefamily.com/parenting/the-truth-about-eating-disorders/>

Offers a comprehensive overview of firsthand accounts of survivors and their families. Includes Scripture and advice to move towards recovery.

6 Biblical Counseling Resources On Eating Disorders

<https://www.rpmministries.org/2019/05/6-biblical-counseling-resources-on-eating-disorders/>

A list of 6 books which offer educational insight and encouragement for those who struggle and those who care for them.

Combating Eating Disorders With The Gospel Of Grace

<https://www.thegospelcoalition.org/article/eating-disorders-and-the-power-of-christ/>

One woman's story—and her discovery that grace and the Gospel offered the freedom she was searching for.

An Open Letter To Those Who Struggle—From A Preacher's Kid Who Struggled

<https://www.desiringgod.org/articles/an-open-letter-to-my-friends-struggling-with-eating-disorders>

An honest account of wrestling between an eating disorder and finding faith. Includes specific Scripture which sparked the shift in the author, along with 5 keys for those who struggle today.

Deadly Eating Disorders: What Youth Leaders Need To Know

<https://www.youthworker.com/articles/deadly-eating-disorders-what-youth-leaders-need-to-know/>

An overview of Eating Disorder Warning Signs and what you can do to be there for students.

Women's Ministry Toolbox

<https://womensministrytoolbox.com/disordered-eating/>

Provides a collection of resources for faith communities seeking to minister to girls and women who struggle with eating disorders.

Project Light Ministries

<https://www.projectlightministries.com/sts-resources>

Offers a sisterhood of community support for women who struggle.

How to Build Education, Understanding & Community Around Someone Who Is Struggling

<https://www.youtube.com/watch?v=xF3kXLz2MQs>

Life.Church

Offers a roundtable discussion of how to be supportive of someone who struggles.

Tips For Students – How To Talk About Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.



Resources For Teachers

What's Eating You? A Workbook for Teens with Anorexia, Bulimia, And Other Eating Disorders by Tammy Nelson PhD

<https://www.amazon.com/dp/1572246073>

Provides insight combined with short, actionable prompts to build a circle of support, tools, and healing resources.

Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be utilized as a means for helping young people frame the discussion.

Resources For Men

Guys Get Eating Disorders Too

<https://thebutterflyfoundation.org.au/understand-eating-disorders/guys-get-eating-disorders-too/>

Provides education on how image matters present themselves for males—along with firsthand accounts.

Braiden’s Story—A Guy’s Discussion On Bulimia

The Butterfly Foundation

https://www.youtube.com/watch?v=nmlgVXvw_VI&feature=youtu.be

Braiden shares his firsthand journey towards seeking recovery.

MLB Star Overcomes His Eating Disorder

Uninterrupted

<https://www.youtube.com/watch?v=awILNvTH6PA>

Seattle Mariners Catcher shares his struggle and journey to wholeness—along with insights from the documentary, “Uninterrupted.”

Millstone – Documentary About Eating Disorders In Men

Florence Pellacani

<https://www.youtube.com/watch?v=iRim224xFjE>

A collaborative efforts of numerous survivors, sharing their stories and search for recovery.

Heads Up Guys

<https://headsugguys.org/mens-depression/suicide/>

Site offers male-specific action steps.

Man Therapy

<https://mantherapy.org>

Site uses humor to discuss difficult topics.

Face It Foundation

<https://www.faceitfoundation.org>

Provides guidance to overcome depression

Your Head: An Owner's Manual PDF Resource

<https://up2sd.org/wp-content/uploads/2016/04/ownersmanual-1.pdf>

Printable PDF filled with resources and tools for those wanting to learn more about male mental health issues.

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ImChangingIt.com



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