

change your narrative

Image Matters Resources

change your narrative



<https://youtu.be/sy1yM31mX3s>

Building A Safety Plan For Image Matters

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/>

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

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.

change your narrative



Communities Which Offer Image Matters 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.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

change your narrative

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://edrcsv.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.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

change your narrative



Image Matters 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.

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.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

change your narrative

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.

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 learned 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 and healing.

What Is My Identity?

Sadie Robertson

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

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

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

change your narrative



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.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

ChangeYourNarrative.org

change your narrative



Image Matters 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.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

change your narrative

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.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

change your narrative



Eating Disorder 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.”

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit:

change your narrative

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://headsupguys.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.

For more support, tools, and resources to help you or someone you care about shift the story of image matters, visit: