

## Signs and Symptoms

You or a friend might have a problem with eating/exercise if you exhibit one or more of the following signs:

- Eating habits such as unhealthy dieting, binge eating, and/or restricting or limiting food intake
- Unhealthy exercise; exercising when injured or ill
- A marked change in weight not related to a medical condition
- An intense preoccupation with food, weight and/or poor body image
- Using vomiting, fasting, laxatives, diet pills, diuretics or other supplements to control weight
- Feelings of isolation, depression, panic, or irritability

## How to Help a Friend

- Communicate that you care about them and are therefore concerned for their health. Give specific examples. Avoid placing shame, blame or guilt on your friend.
- Ask if your friend is willing to see a C.O.P.E. professional for an assessment appointment. Offer to go with your friend.
- If you are worried about your friend's health or safety, consult with C.O.P.E. or another trusted adult or professional by calling any of the telephone numbers listed inside.
- Check out more tips on the C.O.P.E. website—[cope.indiana.edu](http://cope.indiana.edu)

## Indiana University

Counseling and Psychological Services (CAPS)  
812-855-5711  
[healthcenter.indiana.edu/counseling](http://healthcenter.indiana.edu/counseling)

IU Health Center—Medical Clinic  
812-855-7688  
[healthcenter.indiana.edu](http://healthcenter.indiana.edu)

Health and Wellness—Registered Dietitians  
812-855-7688  
[healthcenter.indiana.edu/wellness](http://healthcenter.indiana.edu/wellness)

## Bloomington

Jan Taylor-Schultz, L.C.S.W.  
Individual Therapy  
812-334-0001  
[jantaylor-schultz.com](http://jantaylor-schultz.com)

Under The Umbrella, LLC  
Multi-disciplinary treatment  
Christy Duffy, Ph.D., H.S.P.P.  
812-345-2570  
[drchristyduffy@gmail.com](mailto:drchristyduffy@gmail.com)  
[UnderTheUmbrellaLLC.com](http://UnderTheUmbrellaLLC.com)

Katy Kopp Miller, PsyD, H.S.P.P.  
Individual Therapy  
812-614-2040  
[drkatykoppmiller@gmail.com](mailto:drkatykoppmiller@gmail.com)

## National

National Eating Disorders Association (NEDA)  
[nationaleatingdisorders.org](http://nationaleatingdisorders.org)

Eating Disorder Hope  
[eatingdisorderhope.com](http://eatingdisorderhope.com)

National Association for Anorexia Nervosa  
and Associated Disorders (ANAD)  
[nationaleatingdisorders.org](http://nationaleatingdisorders.org)



*We are here to help.*



[cope.indiana.edu](http://cope.indiana.edu)



## What's healthy?

Calories. Time spent in the gym. Diets. Great abs. These are constant topics of campus conversation. With talk like this swirling all around you, how do you know what's normal and what is unhealthy food or body preoccupation? Here are some useful distinctions:

### Healthy body image and eating concerns

- Interest in improving physical appearance, health and overall wellness
- Enthusiasm about a new fitness or healthy eating plan
- Awareness of body image while maintaining a reasonable level of self-acceptance
- Pursuit of a challenging physical training program that incorporates good nutrition and balance

### Problematic body image and weight concerns

- Restricting foods
- Binge eating
- Emotional eating
- Vomiting
- Singular focus on weight loss or obsession with restrictive dieting
- Punitive approach to body image
- Self-critical comments
- Exercising to lose weight without regard for health or nutritional needs
- Excessive, rigid or inflexible approach to a diet/exercise routine
- Self-worth based primarily on body image

## Where to find help?

Our team of experts helps IU students troubled by problems involving body image, eating and weight preoccupations, or excessive exercise.

Research indicates that addressing these problems from several coordinated directions is most effective. Our C.O.P.E. team includes medical providers, counselors, exercise specialists, and dietitians from IU Health Center's Counseling and Psychological Services, Health and Wellness Education, and Medical Clinic, as well as Campus Recreational Sports, Residential Programs and Services, IU Athletics, and the Bloomington community.

### ■ Indiana University Health Center

Some students like to start with a medical check-up. Others prefer to talk to a counselor or a dietitian first. Whichever route you choose, we'll work together with you!

#### Medical Clinic

Ask to schedule a C.O.P.E. appointment with our well-trained and caring medical staff. Your evaluation will include a physical examination and possibly lab work or other diagnostic tests (e.g., an EKG).

**812-855-7688**

#### Health and Wellness Education

Registered dietitians are available to help develop balanced meal plans. Your first appointment each semester is free. Call to schedule a C.O.P.E. appointment today.

**812-855-7688**

#### Counseling and Psychological Services (CAPS)

CAPS offers individual counseling and psychiatric treatment. Group counseling and body image workshops can also be effective parts of recovery. Your first two appointments each semester are free. Call to schedule a CAPS Now appointment today. **812-855-5711**



### ■ Campus Recreational Sports

Our professional staff offers fitness assessments and/or regular meetings to monitor progress. **812-855-8788**

### ■ IU Athletics

IU varsity student athletes can find additional assistance through the sports medicine department. Athletes have access to medical evaluations, dietitian consultations, and counseling. **812-855-4509**

### ■ Residential Programs and Services

A registered dietitian is available to provide education on meal planning and campus dining options. **812-856-5851**

***We're here for you...***

**At Indiana University, C.O.P.E. provides an on-campus multidisciplinary team of resources for students coping with poor body image, disordered eating and/or problematic exercise behaviors.**

