Eating Disorder Awareness & Resources

Student Wellness: Eating Disorders & Mental Health Support

School brings exciting opportunities, but it can also come with stress, pressure, and major transitions. If you or someone you know is struggling with food, body image, or mental health, remember it is okay to speak up, and you do not have to do this alone.

Signs to Look Out For

- Changes in eating habits (eating significantly more or less) tied to stress.
- Feeling anxious, down, or unhappy with your body.
- Avoiding meals or social events centered around food.
- Falling behind in school or struggling to focus.
- A return to past eating disorder behaviors.

Important Facts to Remember

- Eating disorders do not have a "look" - they affect people of all sizes, races, and genders.
- You deserve help, even if you are not fully sure how to describe what you are feeling.

Where to Get Help

High School Students: Speak with your school counselor.

General Support: Talk to any trusted adult - teacher, coach, or friend.

Free Online Resources: National Eating Disorders Association

Reference: Adapted from Tips for Students: Eating Disorders & Mental Health by Rocio Avila, LCSW.

Quick Links

ED Resources for Students

ED Resources for Educators

For Support at Erie County Technical School

Mrs. Foulkrod – Guidance Counselor	(814) 464-8679
Mrs. Dentler – School Nurse	(814) 464-8686
Dr. Scalise – Student Services	(814) 464-8674