

BODY POSITIVE TOOLKIT



Maxine Platzer Lynn Women's Center

Welcome!



This toolkit is brought to you by the Body Positive program at UVA's Maxine Platzer Lynn Women's Center. We hope that the information and resources in this toolkit motivate you to join us in working towards a more body inclusive culture.

Our team of UVA staff and students focuses on concepts related to body image, body inclusion, and beauty norms while applying an intersectional lens and acknowledging oppressed and privileged identities. As Body Positive Interns, our UVA students become official peer facilitators to The Body Project training and assist with related initiatives.

We prioritize a strengths-based approach to our programming and other initiatives. Components of our program are also used to either debunk or lessen the harmful impacts of negative outcomes perpetuated by unhealthy body image.

For more information on the Body Positive Program, please contact bodypositive@virginia.edu

Follow us on Instagram to stay updated @uvabodypositive

Why Body Positivity & Inclusivity?

Notes

Adolescence and early adulthood are times of rapid change. There are many components to what makes a person unique, however, we tend to only focus on what we can see when others are developing their sense of identity. There is an essential need to understand that **how we look is not all of who we are**. As a society, we need to shift these views to understand that **all bodies are good bodies** despite our want to control how we are viewed.

Body image can be a loaded topic for everyone: it is difficult to talk to our friends, family, and those we care for about healthy self-concept when we may be struggling with changes in our own bodies. Having honest, vulnerable communication can be daunting, considering that our concerns about body image, diet, or exercise can be misconstrued as criticism or lack of understanding.

IDENTITY IS IMPORTANT

It is helpful to be mindful of the context in which different identities and age groups live. Many young people have experienced a certain amount of success by applying intense effort to everything they do; it can seem as though an ideal body should be achievable if they try hard enough. It's understandable that younger generations wrestle not only with poor body image, but also with issues such as perfectionism, competition, over-scheduled calendars, little sleep, and a desire to maintain an appearance ideal.

Pictures of 'dorito-shaped' models appear in social media, TV, and movies where men are just as involved and worthy of the self-love discussed in the body inclusivity movement. Men concerned with weight and shape are more likely to focus on building bulk muscle mass, which can lead to overexercise, dietary restriction, and abuse of anabolic steroids. There is also more of a concern about muscle dysmorphia, also known as bigorexia, where someone may view their body as not 'muscular enough' to a point that causes harm or concern for general wellbeing.

Having intersectional identities can also have an impact on how someone can perceive their body. This relates to how marginalization and privilege can show up in categories such as gender, race, colorism, class, ability, sexual orientation, and age, where someone's experience is impacted by who they are. Concerning body image behaviors, such as excessive exercise or binge eating, may be a response to the compounding stress someone may face because of their identity experience.

What is body image?

Body image simply defined is how we perceive our bodies as it relates to aesthetic likeness. The idea of how we view our bodies and how we respond to this perception can be shaped by:

- How we feel about our physical appearance
- Our sense of how other people view our bodies
- Our sense of our bodies in physical space
- Our level of connectedness to our bodies

Other influences include:

- **Social Feedback:** Positive or negative comments about people's bodies from family, friends, and other communities.
- **Learned Ideals:** Concepts, images, and perceptions that are considered to be 'perfect' or preferred by society. These ideals are based on social norms observed in our everyday lives such as behaviors seen from parents, teachers, mentors, social media, tv shows, and peers.
- **Monitoring Behavior:** The frequency with which we compare ourselves to others and hold ourselves accountable.
- **Media:** Exposure to images of idealized bodies versus real bodies. This also includes social media comments and posts about what is considered "good versus bad" to best appeal to the appearance ideal.
- **Personal History:** The experience of being well cared for versus the experience of harm, including abuse and trauma.
- **Socio-Cultural Context:** The experience of belonging and feeling valued versus the experience of prejudice and discrimination based on race, ethnicity, religion, ability, sexual orientation or gender identity.
- **Radical Self Care:** the practice of authentically loving the entirety of yourself unconditionally.
- **Expression:** how someone shows their values and self-identity. This includes what someone wears, how they talk and what words they use, body language, emotion, or even having tangible items such as posters and buttons.

Students Speak

After a fight with my parents I was eavesdropping and I heard one of them say I was fat (even though I am definitely not considered obese or severely overweight!). It felt awful to think that someone who is supposed to love me said something so awful, even out of anger.

SO WHAT?

Poor body image is linked to higher social anxiety and thus greater risk of substance abuse. Using substances such as alcohol, tobacco, or food to feel a sense of control and manage complex feelings is what links poor body image to escalating concerns such as eating disorders or depression. If a student's time and mental space is taken up by negative internalization, such as self-criticism, there is less ability to focus on important growth areas such as academics, pursuing skills and interests, and building relationships. This leads to delayed development toward independent adulthood while risking overall wellbeing.

Although it may seem like a tall task, social norms change is possible. By implementing positive behaviors in your everyday interactions, you can make an impact on not only how you feel about yourself but also how others can begin to unconditionally love themselves, too.

WHAT YOU CAN DO

- Practice active listening by reflecting emotions rather than behaviors.
 - “I hear that wearing tight clothes really makes you feel unsafe and uncomfortable.”
- Express concern in a loving way by noting any positive and accepting things they have said about themselves.
- Model healthy self-talk by considering your own assumptions and values about weight, health, and body image issues.
 - “I have definitely felt that way before and realized that I can still love myself.”
- Listen to your body by eating intuitively. This shows that it is normal to balance meals full of nutritious foods, treats and sweets that you enjoy, and regular, moderate exercise.
- Avoid judging yourself and others based on weight, shape, or size. Not only is it important to consider that others may internalize your body image comments and behaviors, but also that Body Mass Index (BMI) does not accurately correlate with someone’s health status.
- Shift compliments from body-related comments to recognizing observations, characteristics, or successes.
 - “Wow, I really love those jeans!” instead of “Wow, your legs look great in those jeans!”
 - “I really want to try the mozzarella sticks, too.” instead of “That’s a lot of food you ordered.”



Survey Says

- 27% of college women and 13% of men said their appearance was traumatic or difficult to handle. (From the [2011 National College Health Assessment Report](#) including UVA students.)
- 91% of women surveyed on a college campus had attempted to control their weight through dieting; 22% dieted “often” or “always.”
- 67% of women ages 15-64 withdraw from life-engaging activities such as giving an opinion, going to school, and going to the doctor because they feel badly about their bodies.
- 74% of women choose an ideal body shape that is 10-20% underweight.
- Over one-half of teenage girls and nearly one-third of teenage boys use unhealthy weight control behaviors such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives.

LET'S PRACTICE

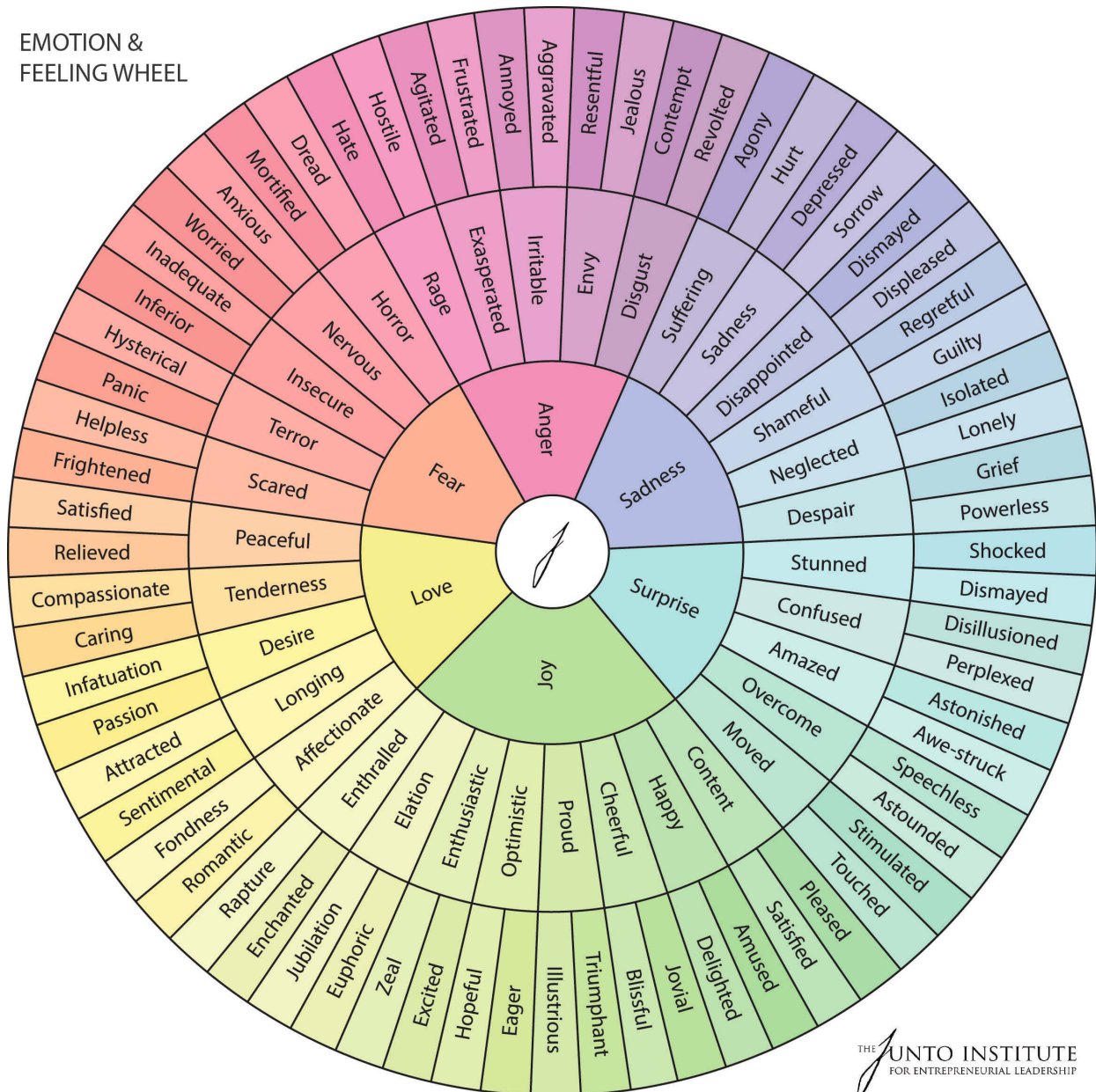
Notes

Your friend says that they feel fat after going swimsuit shopping with some friends. How might you respond?

- Consider the following options:
- Reflect with a feeling word, or ask them about what they were feeling when the thought occurred. Fat is not a feeling and it is not a dirty word. Sad, angry, frustrated, left out, anxious, etc., are feelings. Those are the feelings you want to help them acknowledge. Explore what happens when they think about their emotional response and then focus on “fat” self-talk.
- Talk about how everyone has a different body shape and normalize that our bodies change over time.
- You can ask open ended questions, such as:
- Is this the first time you have felt this way? When did this feeling start?
- If it is a new feeling, what caused it?
- Is this situational where it only happened as a reaction to a friend’s comment?
- Have you been feeling bad for a while?
- How much do you think about it? How much does it affect what you do day-to-day?
- Note: Constant focus on body image or showing avoidance of activities they like may be concerns that indicate further intervention is needed. In cases like this, refer to a professional and support this person in the process while respecting your own healthy boundaries.

A feelings wheel can help us identify words that best describe our emotions, especially in situations that are harmful. Use this tool to help yourself become knowledgeable with terms that can describe how you may be feeling and help others do the same.

EMOTION & FEELING WHEEL



Communication: Words Can Hurt!

Students Speak

Every time I call home, the first thing my mother asks is, 'Have you gained weight?'

"Fat talk" is any statement focused on appearance, size, or weight that may contribute to dissatisfaction with one's body or reinforcement of the "ideal" body. You may be surprised to learn that even statements intended to be positive can be considered fat talk when the focus is on appearance.

"Wow, you look like you lost weight since I last saw you! You look great!" is an example that has a positive intent while implying that the person's beauty is determined by their weight.

People, regardless of their identity, who often make comments about their weight are more likely to have a poor body image and to suffer from depression. Negative comments and teasing about weight and shape contribute to the development of excessive weight and shape concerns, which is a risk factor for developing eating disorders and other mental health concerns.

Family and friends' criticism about weight and shape, even if only a few negative comments, can result in long-lasting effects. In fact, in communities that are otherwise supportive, a few negative comments may have a detrimental impact because they stand out against patterns of little or no criticism. The harmful effects of perceived negative comments can be associated with poorer self-esteem, lower perceived social support, and potentially even emotional abuse. The words that we say to others matter, especially those that we are close to.

Results from one study conducted by Eisenberg et al. (2011) indicate that hurtful weight-related comments from family members and significant others are commonly experienced during young adulthood by both young men and young women and that this type of talk tends to persist over time. The prevalence of this experience was significantly higher among Hispanic young men and Asian young men and women, which is consistent with other literature suggesting that social norms around weight issues differ across racial and ethnic communities (Eisenberg et al., 2011).

Reference

Eisenberg, M.E., Berge, J., Fulkerson, J.A., & Neumark-Sztainer, D. (2011). Weight Comments by Family and Significant Others in Young Adulthood. *Body Image*, 8(1), 12-19.

<https://doi.org/10.1016/j.bodyim.2010.11.002>



HOW YOU CAN HELP

- Be open-minded to continuous learning. Body inclusivity is an on-going practice that takes time, and genuine awareness will help address attitudes about food, weight, body shape, and beauty standards.
- Encourage the idea that all bodies are good bodies and that there is no ideal weight, size, or shape.
- Explore eating habits and enjoy foods with balance instead of categorizing foods as “bad”.
- Listen to how your own self talk is guiding your behaviors and views of your own body. You also deserve the self-love you intend for others to have.
- Practice being an active bystander by speaking up if you hear a comment about someone’s weight. Instead, transition the conversation to something positive or directly say how that is not an okay statement.
- Compliment others on both physical and nonphysical attributes. Simple statements such as “I love your laugh,” or “you worked so hard on your school project, tell me more about it” really do matter. When you hear “I hate my hair” or “I’m so dumb” provide a valuable counterpoint. Reflect the feeling and listen rather than arguing or agreeing with them.

Notes

LET'S PRACTICE

You overhear your friend and their partner having a discussion in your home. Her partner says to her: “You need to work out more and tone up because I don’t date fat people”. How do you respond?

Think about:

- How will you set the tone and space to feel safe without judgment?
 - Tip: State the emotions expressed and observations, not assessment. For example, you can say that people who care about each other communicate in caring ways and not in the way you heard him speaking.
- What is the best time to address the comment? Will you address it right away? One-on-one?
- How will you empower your friend to advocate for herself?
 - Note: threatening to leave a partner as coercion to lose weight, or do anything else, can be a sign of emotional abuse. If this is a concern, know that professional resources are available such as the local domestic violence agency, Shelter for Help in Emergency (24-hour hotline: 434-293-8509)
- What helpful questions will you ask? Here are some examples:
 - I heard what your partner said to you. Did that impact you at all?
 - Is this a pattern in your relationship? What do you think about it?
 - What do you want in a partner? Is your partner uplifting you or hurting you?
 - Do you have any barriers in letting your partner know that it is not okay to talk to you this way? How can I best support you?

Media Literacy

Reference

Morris, A.M. & Katzman, D.K. (2003). The impact of the media on eating disorders in children and adolescents. *Pediatrics & Child Health*, 8(5), 287-289.

<https://doi.org/10.1093/pch/8.5.287>

It's not surprising to say that our society has an unhealthy obsession with unrealistic standards of beauty and perfection. We see it constantly through media outlets such as social media, T.V. shows, and movies.

Although cultural ideals have always shaped the public's perception of the ideal body type, today's culture is unique in that the media is a far more powerful presence than ever before. There is a proven association between the amount of time someone watches TV, movies, or music videos and their degree of body dissatisfaction and desire to be thin (Morris & Katzman, 2003). It is important that we support others to feel loved and accepted as they are because oftentimes other influences seen in media promote an ideal body type that is completely unachievable or otherwise harmful.

Students Speak

I would never blame my body image on someone else, but at the same time, I know that society really affects the way I view my body. When I first started viewing my body negatively, I was 14 or so. I remember reading a lot of women's magazines (*Allure*, *Self*, *Cosmo*, etc.) and thinking that I didn't look like the women in them. I also think that my mom put a lot of emphasis on appearance, and I had an abusive boyfriend who would constantly tell me things about my body and appearance that I needed to 'work on.'

Reference

Becker, A.E. (2004). Television, disordered eating, and young women in Fiji: Negotiating body image and identity during rapid social change. *Culture, Medicine and Psychiatry*, 28(1), 533-559.

<https://doi.org/10.1007/s11013-004-1067-5>

FIJI GETS TV

Research Conducted by Anne E. Becker (2004)

Strong cultural identity is thought to be a protective factor against eating disorders and is supported by only one case of anorexia nervosa being reported on the Fiji island prior to 1995. Ethnic Fijians have traditionally encouraged healthy appetites and perceived a round body type to signify wealth and the ability to care for one's family. In 1998, rates of dieting skyrocketed from 0 to 69% after being introduced to television. The young people of Fiji routinely cited the appearance of the attractive actors on shows like *Beverly Hills 90210* and *Melrose Place* as the inspiration for their weight loss. For the first time, inhabitants of the island began to exhibit disordered eating.

HELPFUL TIPS

- Remember that messages have been carefully crafted with the intent to convince us to buy or support a specific ideal.
- Share your knowledge with others, including your family and friends.
- Point out any positive, inclusive efforts made by your favorite T.V. show or acknowledge anything that you might find harmful in the media.
- Enjoy a variety of activities. Playing games or taking a break from your phone provides time away from the focus on appearance that is so prevalent in media and our culture.
- Enjoy a variety of activities. Playing games or engaging in outdoor activities provides a break from the focus on appearance that is so prevalent in media and our culture.

LET'S PRACTICE

Your sibling tells you that she and a group of friends from her dorm watched the Victoria's Secret fashion show and then felt so bad about their weight and body image afterwards that they went as a group to the gym to run on the treadmill for over an hour.

Think about:

- Representation of positive media influences that you can bring into the conversation.
- What information would be helpful to share, such as how the fashion industry is trying to capitalize on unrealistic beauty ideals.
- Open-ended questions to ask, such as:
 - How does she feel about the experience of watching the fashion show?
 - What about the models' appeal to her and why? Why does she feel the need to compare herself to these ideals?
 - Does she know about body positive resources at her school?

Let's Do the Work!

Social norms change takes time, but you are part of the long-term solution. Remember:

- Embrace unique physical characteristics and celebrate differences without comparison.
- Remember that health should be the goal, not weight.
- Learn from mistakes and continue doing the work. Resiliency is key to social change where others will be more likely to follow suit to shift their own harmful norms.
- Practice compassion and empathy with others, even in times of conflict. This can build a space where support can be given instead of risking others' feelings bad about how they feel.

Survey Says

- 56% of all commercials are aimed at female viewers and are seen to frequently use beauty ideals as a product appeal.
- 42% of 1st-3rd grade girls want to be thinner.
- 81% of 10-year-olds are afraid of being fat.
- One study reports that at age thirteen, 53% of American girls are "unhappy with their bodies." This grows to 78% by the time girls reach the age of 17.
- 70% of young women say they want to look like a character from TV while 69% of TV characters are underweight.

Students Speak

Be good role models for healthy eating habits. Don't let your kids see you restricting or dieting regularly. Focus on your children's accomplishments and strengths that are unrelated to appearance as much as possible. Teach media literacy!

The small actions we take lead up to the bigger picture. Here are some ideas of actions you can do to start making body inclusivity normal:

- Comment on a designer's Instagram post to encourage them to include diverse representations of body image.
- Follow body positive hashtags and activists on social media, including those that embrace their bodies and fatness/curves.
- Examples: Jameela Jamil, The Body is Not an Apology, The Body Positive, Allison Kimmey
- Call out people/magazines/publications/designers/celebrities on social media.
- Put encouraging, body-positive post-its in your bathroom.
- Share or write your own Facebook/twitter/Instagram/blog post that critiques appearance ideals.
- Put a 'love your body' poster in the girls restroom or another public space.
- Create a positive body talk jar to pull affirmations out when you need to hear them.
- Invest in body positive swag (t-shirts, laptop or water bottle sticker, etc.).
- Share info about the Women's Center, the Body Positive Program, and other local or national organizations that others may find helpful.
- Chalk body-positive messages on the sidewalks around your community.

It is just as important to embrace radical self-love for yourself so that we can authentically extend that courtesy to others. Here are some helpful exercises you can do to get started on your own journey.

- With your roommates or circle of friends, go around and say one thing you like about yourself.
- Keep a journal about things your body allows you to do.
- Make a list of things you love/like about yourself.
- Have someone be your accountability buddy to call out when you say fatphobic or other harmful comments.
- Practice shifting critiques of your body to positive language such as "Wow, this shirt looks great on me today" instead of focusing on how bloated you feel.
- Practice responding to compliments about you by thanking the person rather than objecting to them.

EXERCISED & ACTIVITIES

Mirror Affirmations

1. Stand in front of a mirror with as little clothing on as possible and what you are comfortable with.
2. Write down at least 15 positive qualities.

This includes physical, emotional, intellectual, and social qualities. For instance, you may like the shape of your arms, the strength of your legs, your long dark hair, the sound of your laugh, or the fact that you are a good friend.

3. We know this may not feel safe for some people based on past experiences. We want to encourage you to do the exercise to the extent possible and that feels safe for you.

We know it can be hard, but please make sure to include at least some physical attributes on your list. Don't forget that sometimes we like body parts because of the way we look, but other times we like them because of what they allow us to do.

For example, you may say, "I really like the shape of my hips" or "I love to dance, and I appreciate that my legs help me dance well". You might also like your sense of humor or the way you care about other people or your positive attitude towards life.

It may be difficult at first, but we really want you to do this because it is important to recognize each of these areas about yourself. Past participants have found this exercise to be very helpful and empowering. Also, we recommend that you wear something as revealing as possible (again, within your comfort/cultural values) while doing this so you can actually see your body.

Letter to Yourself/Youth

1. Write a letter to yourself and/or a younger person who is struggling with their body image.
2. Discuss the costs and potential harm associated with trying to look like the appearance ideals.
3. Think of as many costs as you can, and feel free to work with others to come up with ideas.
4. Feel free to share your letter with someone close to you or you can read it to yourself. Reflect and discuss your feelings about writing it.

Community Needs Reflection

1. What do I need and want in a community so I can feel good about my body, see my beauty, and listen to my intuitive wisdom to guide my self-care?
2. Which people in my life right now will support me in living a Body Positive lifestyle?
3. In what ways do these people offer me support?
4. Is there anything else I need from them?
5. If I'm not getting the support I need from my current community, how can I get what I need to live a body inclusive lifestyle?
6. How can I protect myself and set boundaries when I am around people who are negative towards me or my self-care?

My Beauty Is...

Fill in the blanks below honestly.

1. I feel beautiful when I _____
2. Something about my body I've been teased about is _____
3. I feel self-conscious about my _____
4. People who love me admire my _____
5. I really appreciate my (body part) _____ when I am (activity)

6. I love to _____
7. I wish more people would appreciate me for my _____
8. The quirkiest thing about me is _____
9. I feel unstoppable when I _____

Now, take your responses listed above and insert them into the corresponding spaces below:

1. My beauty is _____
2. My beauty is _____
3. My beauty is _____
4. My beauty is _____
5. My beauty is _____ when I am _____
6. My beauty is _____
7. My beauty is _____
8. My beauty is _____
9. My beauty is _____

Reflection:

- Were there aspects of this activity that surprised you in a positive way?
- Was there anything that you had a hard time believing?
- Can you imagine a world in which those parts of yourself that you would normally consider to be your "flaws" were actually culturally celebrated? Write about what it would be like if they were widely interpreted as beautiful and desirable.
- What steps can you take to ensure others can feel this way?

Exercise Journaling Prompts

1. Write about a time in your life when movement brought you pleasure or joy, or was motivated by love for yourself. How did you feel physically? Emotionally?
2. Alternatively, when have your movements been fear-driven? How did you feel physically in these situations? Emotionally?
3. When you think about why you would want to exercise, what comes up for you?
4. Can you recognize any voices outside of yourself that may have influenced how you move your body now, or feel about movement (e.g., family member, coach, friend, etc.)?
5. What messages did you discover about exercise that you've gotten from others, both helpful and hurtful?
6. How do these messages influence your exercise choices and also your motivation to exercise?

Reference

The above exercises and prompts were taken from The Body Project and The Body Positive Facilitator Trainings. For more information on these national curriculums, please visit nationaleatingdisorders.org/get-involved/the-body-project and thebodypositive.org



Signs to Note

Below is a list of signs and symptoms that can alert you to the need to refer a group member to a doctor or eating disorders specialist.

- Obsessive investment in dieting, control of food, and weight loss
- Excessive exercise that leads to injuries, illness, and exhaustion
- Rigid restrictions of food groups
- Extreme concern with body size and shape
- Unmanageable mood swings
- Weight cycling (up and down)
- Gastrointestinal complaints
- Hormone and reproductive problems
- Cognitive impairment from energy deficiency
- Dizziness, especially upon standing
- Fainting
- Feeling cold all the time
- Sleep problems
- Dry skin, brittle nails
- Impaired immune functioning
- Binge eating
- Vomiting
- Social isolation because of weight and eating concerns
- Excessively restrictive “healthy eating” that leads to preoccupation and social isolation
- Chewing and spitting food
- Neglect of diabetes management
- Self-harm, hurting themselves on purpose

Resource Guide: Body Positive Program

Charlottesville Community.....

Tips for Finding a Provider

- Introduce yourself by sharing your first and last name along with your phone number
- If you are leaving a voicemail message, say your phone number twice on the message to be sure it can be heard clearly

You can ask the provider about:

- if they are currently accepting new clients
- any parts of their identity that are important to you (i.e. the provider's age, race/ethnicity, gender, religious background, etc.)
- their training or education if that is important to you
- any particular areas of expertise you are looking for (i.e. client experience with eating disorders, irregular eating, excessive exercise behaviors, and/or body image concerns)
- fees and your options for payment, particularly if you are planning to use insurance or prefer a payment plan
 - If you do plan to use your insurance, ask what type of insurance they accept, whether they bill the insurance directly, and/or whether they are willing to provide you receipts so that you can submit them to insurance on your own
- their overall approach in working with clients and/or what it might be like to work together
- the length of the typical appointment and the hours typically available for meeting

The Women's Initiative

thewomensinitiative.org | Office: 434.872.0047 | Se habla español: 434.328.1800

Offers vital mental health services for women regardless of their ability to pay, including counseling, support groups, and programs for women of color

Sexual Assault Resource Agency (SARA)

www.saracville.org | Office (call/text): (434) 295-7273 | 24-Hour Hotline: (434) 977-7273

Provides support to primary and secondary survivors of sexual violence through advocacy, prevention education, and outreach

Shelter for Help in Emergency (SHE)

shelterforhelpinemergency.org | 24-Hour Hotline: (434) 293-8509

Offers a variety of trauma-informed services, including counseling and shelter, designed to empower the victims of domestic violence and to create a community of support

Charlottesville Free Clinic

cvillefreeclinic.org | (434) 296-5525 | frontdesk@cvillefreeclinic.org

Provides [free medical](#) and [dental care](#) and [free prescriptions](#) for working uninsured and under-insured adults in the greater Charlottesville community

Resource Guide: Body Positive Program

Region Ten Community Services Board

regionten.org | Offers sliding scale/check insurance | (434) 972-1800

Provides mental health, developmental disability, and substance use support by providing individual therapy, group therapy, a recovery center, and more

National.....

National Alliance for Eating Disorders (NEAD)

www.allianceforeatingdisorders.com | info@allianceforeatingdisorders.com

Helpline 866-662-1235 (available Monday-Friday 9am-5:30pm)

Offers support to those suffering from eating disorder behaviors by providing access to treatment and virtual support groups (i.e. Friends and Family: Virtual Support Group for Loved Ones, LGBTQ+ Pro-Recovery, and Pro-Recovery)

Treatment Center and Practitioner Directory

findedhelp.com

Provided by the National Alliance for Eating Disorders (NEAD)

National Eating Disorders Association (NEDA)

nationaleatingdisorders.org

Supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care

NEDA Helpline Services

Call 800-931-2237 (translation available)

Monday - Thursday 11am-9pm

Friday 11am-5pm

Text 800-931-2237

Monday-Thursday 3pm-6pm

Friday 1pm-5pm

Online Chat

Monday-Thursday 9am-9pm

Friday 9am-5pm

National Alliance on Mental Illness (NAMI)

nami.org | Helpline information below

Organization that provides awareness, advocacy, and education for those impacted by mental health

NAMI HelpLine Services

helpline@nami.org | All available Monday-Friday 10am-10pm

Call 800-950-6264 | Text "HelpLine" to 62640 | Online chat at nami.org/help

Resource Guide: Body Positive Program

National Suicide and Crisis Lifeline

988lifeline.org | Dial '988'

Provides 24/7 free, confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals

Substance Abuse and Mental Health Services Administration (SAMHSA)

samhsa.gov | 24/7 Helpline 800-662-4357 TTY: 800-487-4889 | Office: 877-726-4727

An U.S. Department of Health and Human Services agency that aims to reduce the impact of substance abuse and mental illness on America's communities

Receive treatment referrals via text message

Text your 5-digit ZIP Code to 435748 (HELP4U) to access the service. Message and data rates may apply. Message frequency varies. Reply STOP to cancel or HELP to reach an information specialist

Behavioral Health Treatment Services Locator

findtreatment.samhsa.gov

Provided by the Substance Abuse and Mental Health Services Administration (SAMHSA)

Crisis Text Line

crisistextline.org | Text HOME to 741741

Reach a crisis counselor available 24/7

Online Tools.....

CAPS Online Self-Help Tools Site

www.studenthealth.virginia.edu/caps-online-self-help

SilverCloud App

virginia.silvercloudhealth.com/signup

A mental health app that teaches you cognitive behavioral skills for self-care

Ulifeline

www.ulifeline.org

An anonymous, confidential, online resource center where college students can search for emotional health information

AlcoholScreening.org

alcoholscreening.org

Individuals can assess their own alcohol drinking patterns to determine if it is likely to be harming their health or increasing their risk for future harm

Resource Guide: Body Positive Program

Mindwise Innovations

www.mindwise.org/customer-login

Their toolkit provides guidance to those struggling with depression, substance use, anxiety, trauma, eating disorders, and more. Click on 'Mindwise Toolkit' and use password → mw205

70 Resources to Support ED Recovery

onlinemswprograms.com/resources/resources-eating-disorder-recovery

Includes, but is not limited to, the following information:

- COVID-19 Resources
- Understanding Different Types of Eating Disorders
- Free and Low-Cost Resources
- Helping Someone with an Eating Disorder

Eating Disorders Resource Catalog

www.edcatalogue.com/books

Informational books organized by category

Thank You!

The Women's Center's Body Positive program would not exist without our donors. We are grateful to all of the alumni, parents and other members of the University community whose support has enabled us to partner with many offices around Grounds and with student organizations to create a more informed, healthy and supportive community.

A special note of appreciation goes to the UVA Parents Fund for their support! They have made possible many of our efforts to promote student wellness and ensure that students are getting the most from their time on Grounds unencumbered by challenges to their well-being that would otherwise limit them in their education and in their lives after college.

About the Maxine Platzer Lynn Women's Center

Since its founding in 1989, the Women's Center has served the University of Virginia community and connected students, faculty, staff, alumni and friends committed to a just and equitable UVA – an unrivaled place to work and learn. Our students learn to create change on the personal, local and global levels, and apply knowledge gained in their coursework to serve in the Charlottesville community they call home during their UVA years.

@uvawomenscenter • womenscenter.virginia.edu

Follow us or visit our website to learn more about our engaged scholarship opportunities, information resources and services we offer for UVA students, faculty, staff, alumni and the general Charlottesville community.

Community Mentoring

Through our Young Women Leaders Program and Men's Leadership Project, UVA undergraduate men and women serve as Big Brothers and Sisters to students that attend:

- Burley Middle School
- Community Lab School
- Journey Middle School
- Lakeside Middle School

Services for Students

Beth Garrett Memorial Grant for Public Policy Interns
The Body Project
Counseling & Wellness Services
Quiet Study Spaces
Reading in Hues
Room to Breathe
Support Groups
Workshops & FOA Programming

Engaged Scholarship Opportunities

Body Positive
Director's Interns
Engaged Scholarship
Gender Violence & Social Change
Iris Magazine
Legal Clinic
Men's Leadership Project
Social Media Marketing Team
Young Women Leaders Program