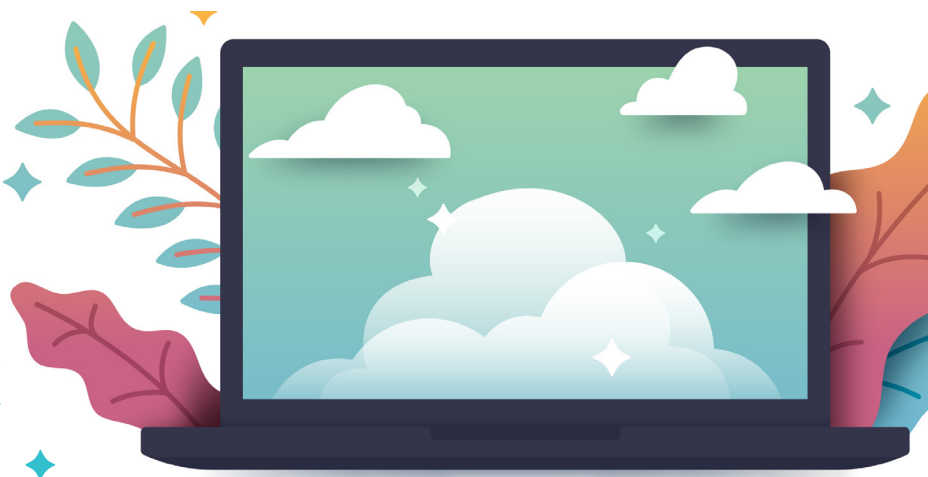


# MENTAL HEALTH RESOURCES

NATIONAL EATING DISORDERS AWARENESS WEEK

February 22-28, 2021



## GENERAL RESOURCES



- Active Minds (for young adults 14-25)
- BEAM: Black Emotional and Mental Health Collective
- National Alliance on Mental Illness
- National Association of Free & Charitable Clinics
- National Institute of Mental Health
- No Stigmas
- The Loveland Foundation
- The Trevor Project
- Therapy for Black Girls
- Therapy for Latinx

## PODCASTS & MORE



- Food Heaven Podcast
- Food Psych Podcast
- Refinery29 Unbothered
- Therapy for Black Girls Podcast
- Wear Your Voice

## INSTAGRAM ACCOUNTS WE ❤️



- @renfrewcenter
- @bodyposipanda
- @diveinwell
- @effyourbeautystandards
- @foodheaven
- @i\_weigh
- @lexiemani
- @mynameisjessamyn
- @sofiehagendk
- @yrfatfriend

## SPECIFIC RESOURCES



- American Foundation for Suicide Prevention
- Anxiety and Depression Association of America
- National Eating Disorders Association
- Substance Abuse and Mental Health Services Administration

**Please Note:** This flyer includes a small sample of available mental health resources. Click each hyperlinked resource for more information.

1-800-RENFREW (736-3739)

[www.renfrewcenter.com](http://www.renfrewcenter.com)

