

Disordered Eating Resources & Support

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| <p>Davison Health Services Davison Health Center 327 High St (860) 685-2470</p> | <ul style="list-style-type: none"> • Healthy Eating Initial Consult w/Dr. Daponte • Nutrition Services w/Sue Gebo (Registered Dietitian) • Urgent (same-day) appointment scheduling • After-hours on call (860) 685-2470 • https://www.wesleyan.edu/healthservices/office/referral.html | |
| <p>Counseling & Psychological Services (CAPS) Davison Health Center 327 High St (2nd Floor) (860) 685-2910</p> | <ul style="list-style-type: none"> • Short-term counseling • Crisis support • After-hours on call (860) 685-2910 • https://www.wesleyan.edu/caps/education/eating.html • https://www.wesleyan.edu/caps/community_resources.html | |
| <p>Café Bon Appetit</p> | <ul style="list-style-type: none"> • Daniele Rossner, Register Dietitian Daniele.Rossner@cafebonappetit.com <i>[For dining related questions]</i> • Ask the Wellness Team <i>[For questions about nutrition or the foods served]</i> | |
| <p>Crisis Text Line</p> | <ul style="list-style-type: none"> • Text CONNECT to 741741 in the US <i>[Crisis Text Line is free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors.]</i> | |
| <p>SMART Recovery</p> | <ul style="list-style-type: none"> • Regional Meeting: Ages 18-24; Wed. @ 6pm Trinity College, Trinity Commons Bldg. Room 142 240 New Britain Ave. Hartford, CT Contact: Pamela Mulready Pamela.Mulready@trincoll.edu | |
| <p>National Eating Disorders Association (NEDA)</p> | <ul style="list-style-type: none"> • https://www.nationaleatingdisorders.org/ • Helpline: (800) 931-2237 | |
| <p>Anorexics and Bulimics Anonymous (ABA)</p> | <ul style="list-style-type: none"> • http://aba12steps.org/ | |
| <p>National Association of Anorexia Nervosa & Associated Disorders (ANAD)</p> | <ul style="list-style-type: none"> • http://www.anad.org/ • Helpline: (630) 577-1330 • Request a Recovery Mentor | <p>Regional Meeting: Sunday @ Noon Bass Library 110 Wall St, L30C New Haven, CT Contact: Margaret (860) 810-9604 Margaret.roelants@gmail.com</p> |

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| <p>Overeaters Anonymous (OA)</p> | <ul style="list-style-type: none"> • https://oa.org/ | <p>Local/Regional Meetings:</p> <p>Mon. @ 6:45pm (Open Mtg.) The Church of the Holy Family 381 Middletown, CT Contact: Michelle (860) 643-5053</p> <p>Tues./Thurs. @ 7pm (Open Mtg.) 1 Liberty Square 1st Floor, Conference Room New Britain, CT Contact: Wayne (860) 558-5354</p> <p>[Search for more meetings via website]</p> |
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Notes:

- **This information is not intended as a substitute for professional medical care.**
- **Many of these resources also have virtual meetings accessible via their website.**
- **For meetings, please use contact information to confirm time/dates.**