

## NATIONAL ORGANIZATIONS



National Eating Disorder Association (NEDA)  
Education, Resources, Support. [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)



Project Heal – ED Treatment Financial Aid [www.theprojectheal.org](http://www.theprojectheal.org)  
Communities of Healing. Treatment Access Program.



Eating Disorder Hope [www.eatingdisorderhope.com](http://www.eatingdisorderhope.com)  
Education, Awareness, Support, Resources.



Dancing With ED, Inc. [www.dancingwithed.com](http://www.dancingwithed.com)  
ED Recovery Support for Dancers. Resources. Social Media Projects.

## TREATMENT FINDER



ED Referral [www.edreferral.com](http://www.edreferral.com)  
National Registry of Treatment Providers. Information Center. Treatment Placement Specialists.

## ARTICLES ON EATING DISORDERS AND DANCE

How I Conquered My Eating Disorder: A Ballet Dancer's Story

<https://www.mindbodygreen.com/0-18592/how-i-conquered-my-eating-disorder-a-ballet-dancers-story.html>

Ballet Dancing and Eating Disorders

<https://www.eatingdisorderhope.com/information/eating-disorder/ballet>

'Code of silence': La Scala ballerina reveals 'widespread anorexia and infertility' in ballet world

<https://www.dailymail.co.uk/news/article-2069859/La-Scala-ballerina-reveals-widespread-anorexia-infertility-ballet-world.html>

How My National Ballet Career Led to Bulimia

[https://www.huffingtonpost.ca/kathleen-rea/eating-disorder-ballet\\_b\\_2235176.html](https://www.huffingtonpost.ca/kathleen-rea/eating-disorder-ballet_b_2235176.html)

Ballet and eating disorders: 'Unspoken competitiveness' adds pressure to be thin

<https://www.bbc.com/news/uk-england-22985310>

What This Ballerina Knows About Body Hatred

<http://www.danceadvantage.net/ballet-and-body-hatred/>

Eating Disorders in the Dance World: An Interview

<http://www.clydefitchreport.com/2015/08/eating-disorders-dance-ballet/>

Starving for Perfection

<https://www.nytimes.com/1997/07/16/arts/eating-disorders-haunt-ballerinas.html?pagewanted=all>

Surviving the “Fat Talk”: What To Do When You’re Confronted About Your Weight

[https://www.pointemagazine.com/surviving-the-fat-talk-2527745767.html?utm\\_campaign=RebelMouse&socialux=facebook&share\\_id=3217035&utm\\_medium=social&utm\\_content=Pointe&utm\\_source=facebook](https://www.pointemagazine.com/surviving-the-fat-talk-2527745767.html?utm_campaign=RebelMouse&socialux=facebook&share_id=3217035&utm_medium=social&utm_content=Pointe&utm_source=facebook)

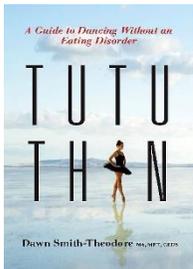
“Lose Weight or Lose Your Job!”

<https://www.dancemagazine.com/lose-weight-lose-job-2307023575.html>

The Gray Area That’s Not Quite an Eating Disorder, But Is Common among Dancers

[https://www.dancemagazine.com/disordered-eating-2588423719.html?share\\_id=3779478](https://www.dancemagazine.com/disordered-eating-2588423719.html?share_id=3779478)

## BOOKS WRITTEN BY DANCERS

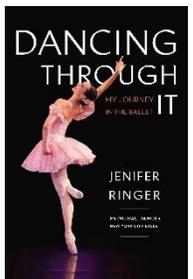


Tutu Thin By: Dawn Smith-Theodore

A Guide to Dancing Without an Eating Disorder

<https://www.tututhin.com/>

In her book, Tutu Thin, Dawn tackles the topic of eating disorders in the dance world in a way that has not been handled to date. She helps dance teachers, parents and dancers understand how an eating disorder can take over and how to prevent the kind of thinking and behavior that will lead to a serious problem. -From the Foreword written by Carolyn Costin, MA, MEd, MFT, CEDS Chief Clinical Officer, Monte Nido & Affiliates



Dancing Through It: My Journey in the Ballet

By: Jennifer Ringer

"A glimpse into the fragile psyche of a dancer." --"The Washington Post" Jennifer Ringer, a principal dancer with the New York City Ballet, was thrust into the headlines after her weight was commented on by a New York Times critic, and her response ignited a public dialogue about dance and weight. Ballet aficionados and aspiring performers of all ages will want to join Ringer behind the scenes as she shares her journey from student to star and candidly discusses both her struggle with an eating disorder and the media storm that erupted after the Times review.



Dancing on my Grave

By Gelsey Krikland.

[https://www.goodreads.com/book/show/39034.Dancing\\_on\\_My\\_Grave](https://www.goodreads.com/book/show/39034.Dancing_on_My_Grave)

The shattering story of a dream which became a heartbreaking nightmare for one of America's most famous ballerinas, Gelsey Kirkland, who chronicles her brilliant start as a dancer with George Balanchine, her legendary partnership with Mikhail Baryshnikov, her agonizing descent into drugs, and her struggles to rise again.

## RESOURCE WEBSITES

**Bulimia.com**  
An American Addiction Centers Resource

Bulimia.com isn't just about helping people suffering with Bulimia Nervosa, we provide information for anorexia, binge eating and any other eating disorder.



**Gürze - Salucore**  
**EATING DISORDERS** Resource Catalogue  
The most widely-used resource in the eating disorders field since 1980

<https://www.edcatalogue.com/>



Dedicated to raising awareness and providing support to people with Eating Disorders, and their loved-ones... since 1995.  
[Somethingfishy.org](http://Somethingfishy.org)



F.E.A.S.T: The global support and education community of and for parents of those with eating disorders.

## Nutritional Support

**NUTRITION  
PERFORMANCES**

Nutrition for great Performances  
Center for Dance Nutrition and Healthy Lifestyles  
Emily Cook Harrison MS, RD, LD  
<https://www.dancernutrition.com/>

NOT YOUR AVERAGE  
*Nutritionist*

Whole Health for Performers  
Not Your Average Nutritionist  
Libby Parker MS, RD.  
[www.notyouraveragenutritionist.com](http://www.notyouraveragenutritionist.com)

## RECOVERY APPS



### Recovery Record / FREE

A big part of recovery is monitoring your habits — including the meals you eat, your feelings, and your long-term goals. Recovery Road makes it easy to do just that, and keep it organized. It's designed for every stage in your recovery. In addition to helping you keep detailed records, the app lets you earn rewards for accomplishments. You can also connect with other users to send and receive anonymous messages of encouragement.



### Rise Up + Recover / FREE

If you're going through cognitive behavioral therapy (CBT), your therapist likely assigned some homework. Rise Up + Recover is designed to make that homework easy to complete. Use the app to log meals, emotions, and behaviors. All of the information can be exported in a PDF summary to share with your healthcare team. The app can also help you search for treatment centers in your area, and provides easy access to curated music, articles, and other helpful resources.



Whats My M3™

### What's My M3 / FREE

Many people with eating disorders also deal with other mental health conditions, like anxiety and depression. M3 is a research-based screening technique that assigns a number to your risk for depression, anxiety, PTSD, and bipolar disorder. The app lets you take a three-minute screening and gives you a personalized report of how your symptoms may be impacting your life.



### Stigma/ FREE

Stigma aims to fight against the negative associations people dealing with mental health issues face in modern society. Eating disorders can make you feel isolated from friends and family, so it's helpful to be able to bond with people who understand what you're going through. The app is designed to connect people living with the same challenges, to develop a sense of community. You can find "pen pals" through Stigma and share your own journals with a supportive group.



### What's Up? — A Mental Health App/ FREE

What's Up? Combines tools from CBT and acceptance commitment therapy (ACT) to help deal with feelings of depression, anger, stress, and anxiety. The app helps you identify negative thinking patterns, put a current issue into perspective, and rate feelings for the day. You can even play games in the app to ground yourself during high-stress periods. If you want to give the app a personal touch, you can customize its look with different themes and colors.

## Other Resources



Online Video Library for Mental Health Topics

#1 Online Therapy Video Hub

If you or someone you know is struggling, help is available.

Take a screening. It could save a life.

MyBodyScreening.org

<http://mybodyscreening.org/>

A quick and simple way to take an anonymous mental health screening.