

# Eating Disorders

Wellness Resource Center  
University Student Health Services

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## There are several types of eating disorders:

**Anorexia Nervosa** is characterized by restricted eating, self-starvation and excessive weight loss.

**Bulimia Nervosa** is characterized by recurrent episodes of consuming large amounts of food in a short period of time (a binge) followed by some form of compensatory behavior (purge) such as self-induced vomiting, laxative or diuretic abuse, fasting, diet pills or excessive exercise.

**Binge Eating Disorder** is characterized by recurrent episodes of binge eating that is not followed by compensatory behaviors.

**Other Eating Disorders:** There are numerous variants of disordered eating that do not meet the above diagnostic criteria, however; these types of eating disorders still require treatment.

Professional help aids in recovery. VCU has eating disorder services that include nutrition, medical, and counseling services. Students who are concerned about themselves or a friend with an eating disorder are encouraged to make an appointment with University Student Health Services or University Counseling Services for an evaluation. Please see the back of this card for the contact information for these services.

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# Eating Disorder Services

## University Student Health Services

Monroe Park Campus

1300 W. Broad St., suite 2200 .....(804) 828-8828

MCV Campus

1000 E. Marshall St., room 305 ..... (804) 828-9220

Nutrition appointments available at Monroe Park  
Campus Clinic. Call (804) 828-8828

## University Counseling Services

Monroe Park Campus

907 Floyd Ave., room 238 (804) 828-6200

MCV Campus

1000 E. Clay St., room B011 ..... (804) 828-3964

## Websites

### National Eating Disorders Association (NEDA)

<http://www.nationaleatingdisorders.org/online-eating-disorder-screening>

### Proud2BeMe - online community for young adults to increase health and confidence

<http://proud2bme.org>

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**Division of Student Affairs  
University Student Health Services**

### Wellness Resource Center

815 S. Cathedral Pl. // Richmond, VA 23284  
828-WELL // [www.thewell.vcu.edu](http://www.thewell.vcu.edu)



# VCU

VIRGINIA COMMONWEALTH UNIVERSITY

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