

Voices

Please acknowledge that we exist. Please work to alleviate the stigma and cruel jokes that come with this, because it seems like the only people that take it seriously are the people that see it firsthand. This problem is horribly real, and I don't think many of us can or even want to beat it on our own.

Voices

...I routinely hear from students how disturbing and distressing it is for them to live with or near a student who has an eating disorder. I know from individual counseling sessions with students that some begin to question their own [food] intake, with one student's words forever etched into my memory, 'I began to think it was weird that I wanted to eat lunch.'

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"I was miserable- and no one that I knew cared or tried to help me. That made me do it more. It was as if I was screaming out for help without saying a word: in some weird way- it was like I was trying to have my body tell people what I could not say myself."

-Former UM student athlete who had to withdraw from school

Voices

As a survivor of an eating disorder, my need for support extended beyond academics. The only readily available support I could find at the U was my medical physician... if any informal programs or other types of support groups were available I was unable to identify them. My search for support with respects to my eating disorder was unsuccessful.

-UM graduate student

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