

Helpful Resources for Emotional Eating, Compulsive / Binge Eating and Food Addiction

Below is a list of potential resources that you may find helpful.

Resources for General Weight Management	Resources for Emotional Over Eating	Resources for Compulsive / Binge Eating and Food Addiction
<p>Goals:</p> <ul style="list-style-type: none"> ▪ Healthy eating ▪ Moderate physical activity 	<p>Goals:</p> <ul style="list-style-type: none"> ▪ Healthy eating ▪ Moderate physical activity ▪ Develop skills, instead of eating, to cope with feelings & emotions ▪ With the assistance of a mental health clinician, assess for deeper emotional trauma issues and determine when to address 	<p>Goals:</p> <ul style="list-style-type: none"> ▪ Healthy eating ▪ Moderate physical activity ▪ Develop skills, instead of eating, to cope with feelings & emotions ▪ Participate in a 12 step program ▪ Eliminate, as much as possible, specific food(s) to which one has become dependent (<i>food addiction abstinence</i>)
<p>Nutrition consults and healthy cooking classes:</p> <ul style="list-style-type: none"> ▪ UMass Medical School Center for Applied Nutrition 508-334-3452 www.umassmed.edu/nutrition <p>Free web resources**:</p> <ul style="list-style-type: none"> ▪ www.choosemyplate.gov ▪ www.supertracker.usda.gov ▪ http://go4life.nia.nih.gov <p>Apps for your phone or tablet at the iTunes App Store**:</p> <ul style="list-style-type: none"> ▪ Lose It! ▪ Fooducate - free app ▪ My Fitness Pal - free app <p>Support groups**:</p> <ul style="list-style-type: none"> ▪ Weight Watchers 800-516-3535 www.weightwatchers.com 	<p>In addition to the resources listed on the left:</p> <p>Local Program to assess mental health and emotional eating:</p> <ul style="list-style-type: none"> ▪ UMass Ambulatory Psychiatry Services 508-334-2537 www.umassmemorial.org <p>Local programs to address an eating disorder**:</p> <ul style="list-style-type: none"> ▪ Walden Behavioral Care 508-796-5797 www.waldenbehavioralcare.com ▪ Cambridge Eating Disorder Center 617-547-2255 www.eatingdisordercenter.org 	<p>In addition to the resources listed in the 2 left hand columns:</p> <p>12 step support groups**:</p> <ul style="list-style-type: none"> ▪ Overeaters Anonymous 505-891-2664 www.oa.org ▪ Food Addicts in Recovery Anonymous 781-932-6300 www.foodaddicts.org ▪ GreySheeters Anonymous 508-963-2348 www.greysheet.org <p>National programs**:</p> <ul style="list-style-type: none"> ▪ ACORN Food Dependency Recovery Services 941-378-2122 www.foodaddiction.com ▪ Food Addiction Institute www.foodaddictioninstitute.org

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Are you interested in attending an information session to learn more about helpful resources and strategies to address emotional eating, compulsive / binge eating and food addiction? Contact Barb at (508) 856-8786 or Barbara.Grimes-Smith@umassmed.edu for meeting dates and times.