

Eating disorders can be complex and dangerous. They can become addictive and be difficult to stop. If you are suffering from an eating disorder, please consider getting help.

A good website is [National Eating Disorders Association](#). Their phone number is 1-800-931-2237. If you prefer texting, you can text “NEDA” to 741741 during the following hours: Monday-Thursday, 9 to 9 EST; Friday, 9 to 5 EST.

You can also call Lifenet at 1-800-543-3638. Lifenet in Spanish: 1-877-298-3373. Lifenet in Cantonese and Korean: 1-877-990-8585. These numbers provide emotional support.

Counseling Services is a safe, free, and confidential place to talk. We can help with information, support, and referrals. You are welcome here. Come in to the office or call to make an appointment. We are on the first floor of Frese Hall and our phone number is 718-887-5420.

[TED Talk: Leading the movement toward self-acceptance: disempowering eating disorders](#)

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Hours: Mondays to Fridays from 9am to 5pm.
This office is closed on Fridays during the summer.