



Disordered Eating/Eating Disorders: Resources and Information



Enhancing the health and well-being of Barrington area children and youth in mind, body, and spirit.

bstrongtogether.org

CONTACT

106 Barrington
Commons Court
#1203
Barrington, IL 60010

info@bstrongtogether.org

SOCIAL

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AMITA Alexian Brothers Center for Eating Disorders

www.amitahealth.org/eatingdisorders/
(855) 383-2224
1650 Moon Lake Blvd, Hoffman Estates, IL 60169

For guidance/navigational support

Renee Bach
(847) 755-3244 (w) (773) 454-5604 (c)
renee.bach@amitahealth.org

Local Barrington Dietitians

Christina Fitzgerald, MS RD CSSD - Fitzgerald Nutrition
www.fitzgeraldnutrition.com
(224) 360-0708
christina@fitzgeraldnutrition.com

Asiyah Roman, RD LDN - DietRD Nutrition
www.dietrd.com
(847) 490-8431
dietitian@dietrd.com

To find a specialized eating disorder professional or treatment center

The National Alliance for Eating Disorders (www.findedhelp.com)
National Eating Disorders Association (map.nationaleatingdisorders.org)

Education and support

The National Alliance for Eating Disorders (www.allianceforeatingdisorders.com)
National Association of Anorexia Nervosa and Associated Disorders (www.anad.org)
National Eating Disorders Association (www.nationaleatingdisorders.org)
FEAST (www.feast-ed.org)

Additional resources

How to Help Someone with an Eating Disorder: A Practical Handbook
by Pamela Macdonald

Skills-Based Caring for a Loved One with an Eating Disorder
by Janet Treasure, Grainne Smith, & Anna Crane

Eating Disorders from the Inside Out: Dr. Laura Hill TEDx Talk
www.youtube.be/UEysOExcwrE

New Maudsley Training YouTube Channel
www.youtube.com/channel/UC2hNVzbQw1ZnU36R0DnA-Tw/videos



**NATIONAL EATING
DISORDER ASSOCIATION
HELPLINE**

(800) 931-2237

www.nationaleatingdisorders.org

**IN A CRISIS,
TEXT "NEDA" TO
741741**

free 24/7 support via text

For additional information and resources, visit www.bstrongtogether.org/eating-disorders