

Student Health and Wellness Programs

FEBRUARY STALL TALK: EATING DISORDER AWARENESS

What is an Eating Disorder?

Eating disorders are serious but treatable mental and physical illnesses that can impact people of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes, and weights that affects one's body image.

What is Body Image?

Body Image encompasses your internal image and attitude towards your physical body. When body image becomes distorted or negative, it can affect your self-esteem and overall well-being.

Individuals with a negative body image have a greater likelihood of developing an eating disorder or experience other mental illness.

How to create a positive relationship with your body:

- Appreciate what your body can do
- Practice positive affirmations
- Exercise on a regular basis
- Surround yourself with positive people
- Do something nice for yourself
- Seek therapy or support groups

Want to check in? Complete the eating disorder screener by scanning the code:



'O ka ikaika o ka mana'o me ke kino.
(Be strong in mind and body.)

The Black Family: Representation, Identity, and Diversity

Take the time to honor those who fought through adversity and celebrate their strength, journey, and success for the month of February.

For more resources, visit <https://asalh.org/>

UH Campus Climate Survey on Sexual Harassments and Gender Based Violence

<https://www.hawaii.edu/titleix/survey/>

Mental Health Screenings



Mental Health Screenings are available at the tip of your fingers. Scan the codes and check in on yourself! Ulifeline and Mindwise screens the most common mental health conditions that college students face and connects them with resources. These online resources are confidential can be completed at your own pace. If you wish to speak with someone further, please contact Counseling Services at (808) 932-7465 or email: uhhcouns@hawaii.edu

In an emergency,
call 911

UH Hilo Counseling
Services

(808) 932-7465

Student Services
Center E-203

7:45 am to 4:30 pm

Student Medical
Services

(808) 932-7369

Campus Center 212

UH Hilo Confidential
Advocate, Kekai
Lindsey

(808) 932-7958

UH Hilo Security
(808) 974-7911

CRISIS RESOURCES AND SUPPORT

Crisis Line of Hawaii
(24-hour, 7 days a
week)

1-(800) 753-6879

Crisis Text Line
Text "ALOHA" to
741741

YWCA 24-Hour
Sexual Assault Hotline:
(808) 935-0677