Help
Overcome
Problems with Eating and Exercise

Signs and symptoms
- Learn as much as you can about eating disorders
- Know the differences between facts and myths about weight, nutrition, and exercise
- Be honest. Talk openly and honestly about your concerns
- Be Caring, but firm. Do not be manipulated.

How to help a friend
- A marked increase or decrease in weight not related to a medical condition
- The development of abnormal eating habits such as severe dieting, preference for strange foods, withdrawn or ritualized behavior at mealtime, or secretive bingeing
- An intense preoccupation with weight and body image
- Compulsive or excessive exercising
- Self-induced vomiting, periods of fasting, or laxative, diet pill, or diuretic abuse
- Feelings of isolation, depression, or irritability

Where you can find help
- Any H.O.P.E. team member
- JMU University Health Center
  540-568-6178
- JMU Counseling Center
  540-568-6552
- Sentara RMH
  540-689-1000
James Madison University’s H.O.P.E. Team provides an on campus multidisciplinary support for students struggling with disordered eating & exercise behavior.

Dedicated to the memory of JMU student Leslie George  
4.21.81 - 9.29.00

For more information, go to our campus resource page: 

jmu.edu/healthctr/eatingdisorder