University Health Partners offers a support team for students with eating and body concerns as they navigate toward Flexible Eating and Empowered Living.

- **Supportive Team**
- **Personal Journey**
- **Emerging Self**

**Counselor**
- Support mental well-being
- Develop tools for self-understanding
- Explore and discover motivation
- Negotiate uncomfortable challenges

**Nutritionist**
- Fuel for the body’s needs
- Understand nutrition truths
- Make peace with food and the body
- Tune into body signals

**Health Care Provider**
- Support physical well-being
- Ensure awareness of health parameters
- Work toward individual health goals

**Supportive Relationships**
- Share in the ups and downs of the journey
Reach Out Today:

24-hour Resources

24-hr Bozeman Help Center: (406) 586-3333
National Suicide Prevention Hotline: 1-800-273-8255
National Crisis Text Line: 741741

Medical Services: (406) 994-2312
Nutrition Services: (406) 994-4380
Counseling and Psychological Services: (406) 994-4531