

F.E.E.L. *well*

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

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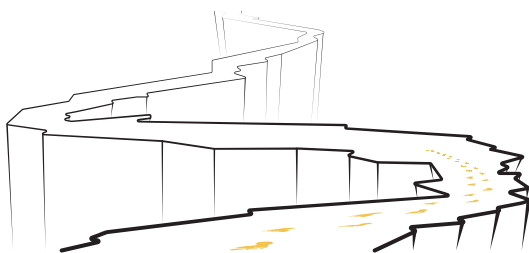


Personal Journey

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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:



**MONTANA
STATE UNIVERSITY**

University Health Partners

Medical Services: (406) 994-2312

Nutrition Services: (406) 994-4380

Counseling and Psychological

Services: (406) 994-4531

24-hour Resources

24-hr Bozeman Help Center: (406) 586-3333

National Suicide Prevention Hotline: 1-800-273-8255

National Crisis Text Line: 741741