

The BodyLove Podcast with Simi Botticelli
 For support and resources, call National Eating Disorder Association at 800-931-2237.
 If you are in a crisis and need help immediately, text "NEDA" to 741741 for free, 24/7 support.

Hungry for more?
 Fit Together NWCT
www.how2fitkids.org
 Mental Health Connecticut
www.mhct.org
 @TeenHealth101
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Zines for Teens!
 Art is by Alexandra Baez from Torrington High School in Connecticut.
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 A copy of this zine and additional resources can be downloaded at www.LCOTF.org/zines
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