

Recovery is... Campaign

The "Recovery is..." social media campaign raises awareness about eating disorder recovery through the lens of positive body image and uplifting experiences.

Want to participate?

1. Find a white background.
2. Hold up a piece of paper with your "Recovery is..." quote.
3. Submit your photo to recoveryis@theprojectheal.org.
4. Post your images online using #RecoveryIs and @ProjectHEAL.



Connect With Us



miami@projectheal.com



[ProjectHealMiamiChapter](https://www.facebook.com/ProjectHealMiamiChapter)



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About Us

The University of Miami Project HEAL chapter's purpose is to raise awareness about eating disorders, help people get help they need and promote positive body image.

Project HEAL

Miami Chapter



Recovery is Possible

Risk Factors



Genetic traits and biological factors such as anxiety or perfectionism.



Participating in activities that encourage low weight such as ballet.



Low self-esteem due to negative perceptions of one's appearance.



Pressure from society to look a certain way.

Need Help

Want to speak with someone?

Hotline available 24/7 except on national holidays.

**Call 1-800-931-2237
Visit www.myneda.org**

Want to connect with someone online?

Chat on the NEDA forum with someone who has recovered.

Quick Facts

Eating disorders have the **HIGHEST** mortality rates of all mental illness.



95 percent of people with an eating disorder are aged 12 to 25

1 in 10 people with an eating disorder receive treatment.

