

# THE WHOLE BODY EXPERIENCE

## Resource Library Two

### Find Support, Care, Access & Advocacy

**Sometimes learning is not what we need next. We need help.**

This guide gathers broader, primarily U.S.-based starting points for finding affirming professional care, practical assistance, healthcare, food support, legal advocacy, accessibility resources, and civil-rights information. It is intentionally separate from the West Michigan local guide.

**You do not need to be in crisis to deserve support.** Needing care, advocacy, food, legal help, accommodations, or a more affirming provider is not a failure of resilience or healing.

Resources, eligibility, cost, licensing, and availability can change. A listing here is a starting point, not an endorsement of every individual provider or service. Ask questions, trust your experience, and choose care that respects your body, identities, autonomy, and lived experience.

**Use this guide by need: FIND CARE - GET HELP - KNOW YOUR RIGHTS - ACCESS SUPPORT**

# 1. Find Body-Liberation & Weight-Inclusive Care

Directories and professional listings can help you locate providers whose work is more aligned with body respect, size diversity, eating-disorder recovery, and weight-inclusive care.

## **ASDAH - Health at Every Size® Professionals Listing**

Search for professionals who identify with Health at Every Size® principles. Listings may include therapists, dietitians, movement professionals, complementary providers, virtual care, insurance information, sliding-scale availability, and waitlist status.

## **Inclusive Eating Disorder Education - Provider Directory**

A directory of clinicians and professionals with inclusive eating-disorder education. Useful for finding therapists, psychologists, dietitians, and other providers with a more nuanced understanding of eating disorders across body sizes and identities.

## **Questions you can ask a potential provider**

- How do you approach weight and health in your practice?
- Do you routinely weigh clients or patients? Can I decline a non-medically necessary weight?
- Do you have appropriately sized chairs, gowns, blood-pressure cuffs, tables, and other equipment?
- How do you support disabled, transgender, nonbinary, fat, BIPOC, queer, or otherwise marginalized clients?
- What accommodations are available?
- What does informed consent look like in your practice?

## 2. LGBTQIA+, Trans & Gender-Affirming Support

Use these resources to locate affirming care, community support, practical assistance, legal-transition information, and identity-specific resources.

### Trans Lifeline - Resource Library

A large searchable resource library covering counseling and therapy, disability and accessibility, emotional support, legal transition, healthcare, public assistance, peer support, housing, food justice, Black and POC resources, intersex resources, and many other categories.

Trans Lifeline notes that many listed resources are unaffiliated and may change; verify current fit and availability.

### Trans Lifeline - ID Change Library

State-by-state information and guidance related to changing identity documents.

When searching for care, consider whether a provider is merely “welcoming” or has actual experience serving the identities and bodies most relevant to your needs.

## 3. Affordable Healthcare & Community Clinics

When cost, insurance, transportation, or access is a barrier, community health centers can be an important starting point.

### HRSA - Find a Health Center

A federal search tool for locating Health Center Program sites across the United States and territories. HRSA funds about 1,400 health centers operating more than 16,200 service sites.

Community health centers often provide primary care and may also offer behavioral health, dental care, pharmacy services, or referral support depending on location.

## 4. Food, Basic Needs & Practical Support

Food access is part of body justice. Choice around food is shaped by income, transportation, disability, geography, time, housing, culture, and available resources.

### 211 - Find Local Help

211 connects people with local food, housing, healthcare, transportation, utility, mental-health, and other community resources.

### 211 - Food Programs & Food Benefits

A starting point for food programs, benefits, pantries, prepared meals, and other food-assistance options.

### Michigan 211 - Food Assistance

For Michigan residents, this page connects people with immediate and ongoing food support, including SNAP-related resources, food pantries, meal programs, and some delivery options.

**If you are not sure what kind of support you qualify for, you do not have to figure out the entire system first. Start with 211 and describe what is happening.**

## 5. Legal Help, Civil Rights & Advocacy

Sometimes the next step is not therapy or education. It is understanding your rights, documenting what happened, finding legal help, or locating an advocate.

### LawHelp.org

Connects people with nonprofit legal-aid programs and legal-information resources by state. Topics can include housing, public benefits, disability, family law, immigration, consumer issues, and other civil legal needs.

### NAAFA - Policies & Size-Related Advocacy

NAAFA publishes policy positions and advocacy information related to weight discrimination, healthcare, employment, media, and size-related civil rights.

**Michigan note:** Michigan law includes weight among protected characteristics under the Elliott-Larsen Civil Rights Act. For legal advice about a specific situation, consult a qualified attorney or legal-aid organization.

## 6. Disability Rights & Accessibility

Disability justice asks us to move beyond “Can this person adapt?” toward “What needs to change so more people can participate?”

### National Disability Rights Network

A national network of Protection and Advocacy systems and Client Assistance Programs. Their site can help you locate disability-rights organizations and advocacy resources in your state.

### ADA National Network

Provides information, guidance, and training on the Americans with Disabilities Act through regional centers across the United States.

If you are seeking an accommodation, documentation support, advocacy, or information about disability rights, a state Protection and Advocacy organization or ADA regional center can be a useful starting point.

## 7. Experiencing Discrimination in Healthcare

If you believe you have experienced discrimination in a healthcare or human-services setting, you may need information about your rights, advocacy, complaint processes, or alternative care.

### U.S. Department of Health & Human Services - Office for Civil Rights

HHS OCR explains federal civil-rights protections that apply to covered healthcare and social-service programs and provides information about filing complaints.

### HHS - Civil Rights Laws, Regulations & Guidance

A reference page describing major federal nondiscrimination protections enforced by HHS OCR, including protections related to race, color, national origin, disability, age, and sex in covered programs.

**If something happened:** Write down what occurred while you remember it, including dates, names, what was said or done, and any witnesses. Save relevant records. If you need help deciding what to do next, contact an advocacy or legal-aid organization.

## 8. A Gentle Starting Point

You do not need to know the perfect category, organization, or next step before asking for help.

If everything on this list feels like too much, begin here:

1. **Name the need.** Food? Healthcare? A therapist? A safer provider? Legal information? An accommodation? Someone to help you navigate?
2. **Choose one doorway.** One search, one phone call, one email, one trusted person.
3. **Ask directly.** “I am looking for support with \_\_\_\_\_. What resources are available?”
4. **You are allowed to ask questions before saying yes.** You can ask about cost, accessibility, identity-affirming experience, privacy, waitlists, transportation, insurance, accommodations, and provider philosophy.
5. **You are allowed to keep looking.** A resource can exist and still not be the right resource for you.

**You do not have to earn care. You do not have to be “bad enough.” You do not have to navigate every system alone.**

### The Whole Body Experience

Every body has a story. This is a space to hear more of them.

Rising Strong Wellness  
[www.risingstrongwellness.com](http://www.risingstrongwellness.com)

This guide is educational and informational and is not medical, legal, or crisis advice. Resource availability and eligibility may change; verify current information with the organization directly.