Approximately 50% of the population will qualify for a mental disorder, but only a fraction of these individuals will seek treatment. In the current study, we examine several possible predictors of treatment seeking, focusing on bulimia nervosa and depression. Bulimia nervosa and depression are highly prevalent, highly comorbid, and have various negative impacts within society. Individuals with these disorders run into multiple social issues and obtain a reduced quality of life; yet, many persons with these disorders do not seek the treatment they need. In order to discover why a low number of persons seek appropriate care, it is important to understand the factors affecting treatment seeking. This study will extend on previous research by focusing on both individual characteristics and environmental factors associated with treatment seeking in a college student sample of individuals at risk for bulimia nervosa and depressions. Findings will be discussed with regard to promoting treatment acceptability and treatment type matching.