

Eating Disorders

EATING DISORDERS

Eating disorders, such as ANOREXIA NERVOSA and BULIMIA NERVOSA, involve abnormal eating and preoccupation with food as well as prominent body weight and shape concerns.

The symptoms or behaviours result in significant risk or damage to health, significant distress, or significant impairment of functioning.

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Eating disorders often begin during adolescence or early adulthood, and individuals who experience them are at a significantly increased risk for substance use, health complications, premature death due, and suicide.

Effective treatment options exist including family-based treatment and cognitive-based therapy.



EATING DISORDERS

Know The First Signs?



Are they obsessive about food?



Is their behaviour changing?



Do they have distorted beliefs about their body shape?



Are they often tired or struggling to concentrate?



Do they disappear to the toilet after meals?



Have they started exercising excessively?

@BeatEDSupport

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Beat is the UK's eating disorder charity. They are a champion, guide and friend for anyone affected by an eating disorder.

Help for young people

Youthline: 0808 801 0711
Email: fyp@beateatingdisorders.org.uk

Help for adults

Helpline: 0808 801 0677
Email: help@beateatingdisorders.org.uk

Help for students

Helpline: 0808 801 0811
Email: studentline@beateatingdisorders.org.uk

Online support

Visit beateatingdisorders.org.uk for information about eating disorders, online support groups and one to one chat. Use helpfinder.beateatingdisorders.org.uk to find services in your area.

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