

EATING DISORDERS DO NOT DISCRIMINATE

An estimated 1.25 million people in the UK are affected by eating disorders

People of all ages, genders, sexual orientations, body types and socioeconomic, racial and ethnic backgrounds can have an eating disorder



Eating disorders are complex mental health conditions. If untreated they can cause serious medical and health complications

If you are worried you may be experiencing an eating disorder it is important to seek help as soon as possible

SPEAK OUT

SEEK HELP EARLY

BEAT Eating Disorder

Helpline: 0808 801 0677

Visit your GP

Speak to friends & family

For more information visit the following websites:

BEAT

<https://www.beateatingdisorders.org.uk/>

FREED

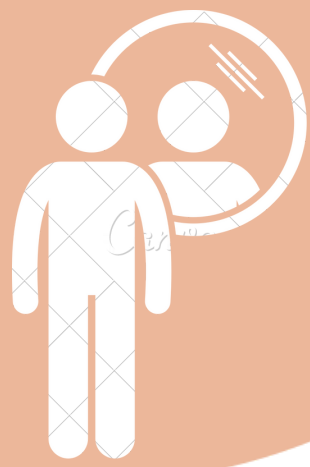
<https://freedfromed.co.uk/>

WARNINGS SIGNS OF EATING DISORDERS

WHAT TO LOOK OUT FOR?

There may be numerous signs someone is currently experiencing or at risk of developing an eating disorder. These can differ between people & due to the shame & secrecy surrounding eating disorders may not always be easy to spot.

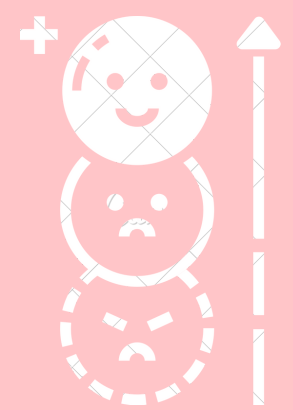
Body dissatisfaction and/or distorted body image



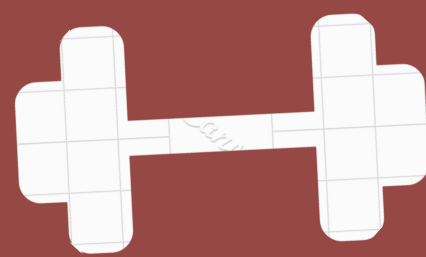
Fatigue and difficulties concentrating



Changes in behaviour (e.g. mood changes, social withdrawal)



Excessive exercising



Frequent trips to the bathroom, especially after meals



Preoccupation with weight, food, calories or appearance



For more information visit:

<https://www.beateatingdisorders.org.uk/> <https://freedfromed.co.uk/>