

WHAT EATING DISORDERS ARE NOT:

1

Fussy eating

2

Seeking attention

3

Only a disorder for young White girls



Eating disorders show up in different ways and early detection is important.



Eating disorders affect people of all ages, ethnicities, genders, socioeconomic statuses, and body types and can be severe, even deadly if left untreated.

- Dieting or limiting a lot of food they used to eat earlier (e.g., no laddoos/sweets, chapatti/bread,cheese etc.)

- Exercising extremely (not stopping in bad weather, when ill) and feeling upset when unable to exercise.

- Switching to a vegan diet suddenly without the motivation to save the planet/animals

- Focusing too much on body image (weighing self repeatedly, not wanting to look in mirrors or wearing a lot of loose clothes, feeling fat)

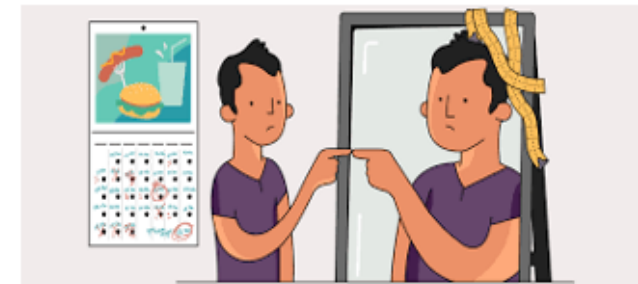
WARNING SIGNS

- Not eating in public/with family/relatives or making excuses not to

- Binge eating (e.g., large amounts of food disappearing, wrappers in bin, hidden food)

- Vomiting or using pills to remove food (e.g, frequent trips to the bathroom)

- Sudden changes in weight (up or down)



ForwardThinking
Birmingham



Where minds matter

EATING DISORDERS

DO NOT DISCRIMINATE

From a young person:

Priyesh, who suffered from bulimia, said he faced “two strong stereotypes: that being male and from a ethnic minority background, I would not be affected by an eating disorder. People like myself are not confident in seeking help for eating disorders because this is something not talked about in our communities.” (Beat)

HOW CAN YOU HELP YOUR CHILD?

- Learn more about eating disorders
- Speak to your child with curiosity and compassion, find out what is going on and how you can help
- If your child is willing, speak to your GP about referring them to therapy. Here is a leaflet on speaking to them:
<https://beat.contentfiles.net/media/documents/gp-leaflet-website.pdf>



USEFUL LINKS AND CONTACTS

First Steps ED:

Early intervention and prevention service, who provide a range of services including counselling and psychotherapy, support groups and befriending.

BEAT:

UK charity who offer support & information to those affected by eating disorders.

Website:

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

Telephone Helpline: 0808 801 0677

Call: 01332 367571 or Email:
info@firststepsed.co.uk

Make an online referral

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

Forward Thinking Birmingham:

Specialist eating disorder service for those aged 0-25 years.

Call 0300 300 0099 or Visit

<https://forwardthinkingbirmingham.nhs.uk/>

Crisis:

Samaritans: 116 123 (24/7, every day)

If there is imminent risk to yourself or others call 999

