

Happy Well-being Wednesday!

**Eating
Disorder
Awareness
Week**

2022



Eating disorders.

Know the first signs?



Lips

Are they obsessive
about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted
beliefs about their body
size?

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Kips

Are they often tired
or struggling to
concentrate?



Nips

Do they disappear to the
toilet after meals?



Skips

Have they started
exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips



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Online support

Visit beateatingdisorders.org.uk for information about eating disorders, and to access online support groups and one-to-one chat.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.

 @BeatEDSupport

 BeatEDSupport

 [beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

EATING DISORDERS SUPPORT SERVICE

Gloucestershire Eating Disorders Service
www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos

CONTACT

01242 634242

Useful links:

www.what0-18.nhs.uk/popular-topics/mental-health/mental-health-and-wellbeing

www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems

www.freedfromed.co.uk/freed-for-all

Help for students

Helpline: 0808 801 0811

Email: studentline@beateatingdisorders.org.uk

Help for young people

Youthline: 0808 801 0711

Email: fyp@beateatingdisorders.org.uk