

Eating disorders. Know the first signs?



Lips
Are they obsessive

about food?



Is their behaviour changing?

Flips



Hips
Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



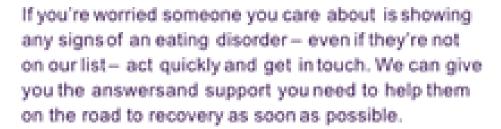
Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?



Don't delay. Visit beateating disorders.org.uk/tips



Online support

Visit beateating disorders.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
f beat.eating.disorders

EATING DISORDERS SUPPORT SERVICE	CONTACT
Gloucestershire Eating Disorders Service www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos	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

