



WHAT CAN I DO TO HELP MY FRIEND?

S.E.E.D. EATING DISORDERS SUPPORT SERVICES

No! - It is not your responsibility. The best way forward to help is to encourage them to take responsibility for their own behaviour. The problem may go on longer if you cover it up. Encourage them to tell their parents. You may like to offer to be there when they do!

It may help to suggest ringing the **B-eat** Youth line or your Local Support Group.



B-eat Youth Help line Tel No. 0845 634 7650

Local Help line No: 01482 718130

Website: www.seedeatingdisorders.co.uk



An Eating Disorder is About Feelings Not about Food



How Can I Help Them?



Low Self Esteem is most common amongst people with eating disorders. Remind them why you like them., their sense of humour, their kindness, their loyalty perhaps. Recovery is much easier for some of they have support from family and friends.

Eating disorders young people

I have an Eating Disorder...

I Want to Get Better To Do That I Need To Get Help!

Make sure that your physical needs are met. Your doctor should make sure you are well physically. You also need emotional support from professionals.



Should I Change My Eating Habits?
NO! Don't Change.
 Don't let your friend make you feel guilty. Let them see you

eating normal meals without it being an issue!

What about conversation?

Try and talk about non food issues. Try and talk about normal things. Boys, Music, Nights Out, Makeup, Fashion....



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