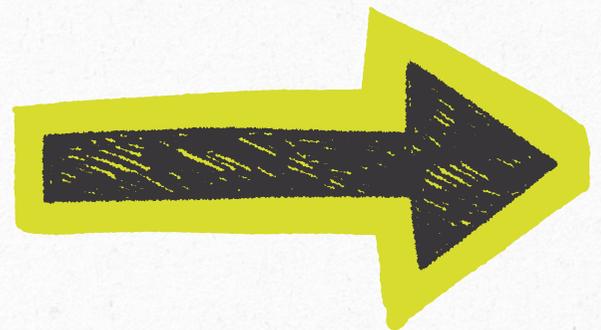


**“I’m starting my ED recovery.  
How do I reach out to people  
about what’s going on for me?”**



**Here’s some tips  
from the SWEDA  
team**



# “Am I ready?”

It might feel really vulnerable or exposing to make a start on reaching out.

Check in with yourself: is this idea of reaching out feeling just a bit uncomfortable, or is it really distressing?

If you're feeling seriously distressed, that might be a telltale sign that you aren't feeling ready. It's okay to take your time.

If it's just a bit nerve-racking, that actually might be a sign you're taking a step in the right direction.

# Start with someone you trust

Reach out to someone you feel comfortable with, that you know well, who knows you well.

Start with someone who you can predict how they're going to respond, so that you feel safe about making that first step.

That might be a close family member, or a best friend, but it could also be a teacher, a therapist, or a trusted relative.



# Communicate in the way that feels right for you

It's okay to start off with a letter or a message, if talking to someone face to face feels daunting.

Writing it out may help you with thinking through what's important to say.

You don't have to explain everything in one go - you could just start with a message to get the ball rolling and ask for a time to chat it through together in person.



# Talk about what you need to feel supported

You might want to share a list of ways they can support you as you recover, or boundaries you want them to understand.

“Can you just check in with me every once in a while to see how I’m doing?”

“Please can we not talk about diets / my appearance / what I’m eating.”

“I’m not looking for advice, I just need someone to listen to me.”

“Can you be there for me during this family meal?”



# Find a space where you feel heard

If starting with friends or family feels hard, you could also try an online support group.

These are non-judgemental, pro-recovery spaces for learning and sharing coping techniques.

Sharing with others who understand what you're going through can be a huge relief and source of support.



This year's EDAW theme is

# COMMUNITY

Creating an ED-aware  
community involves **all of us.**



In partnership with **Beat**  
Eating disorders