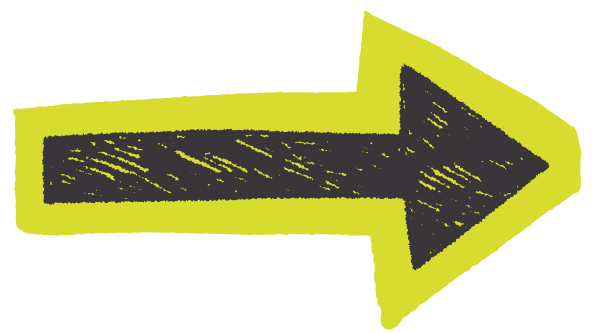


How can communities

learn to support

people affected by
disordered eating?



We can all play a part in creating supportive spaces for people affected by EDs.

Spotting signs is important.

How we respond matters even more.



Possible signs

that someone may be struggling with
disordered eating



Dramatic changes in eating patterns



Avoiding meals or eating alone



Obsessive talk about weight, calories, or exercise



Withdrawal from social events involving food



Increased anxiety, irritability, or secrecy



Significant weight change - **but** it is possible to
have an ED without any visible changes in weight

Don't assume: ask.

The key is not making assumptions about where someone is at. Lead with curiosity:



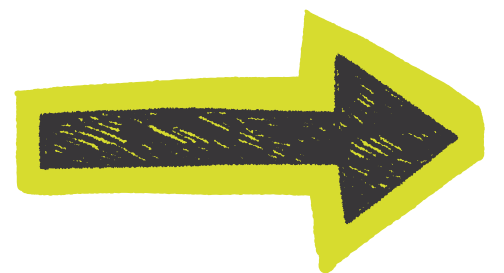
“I’ve noticed you seem stressed around meals lately. How are you doing?”



“I care about you. Is there anything you want to talk about?”



“I might be wrong, but I’ve noticed a change. I just want you to know I’m here.”



If someone shares that they're struggling:



Thank them for trusting you



Ask what support would feel helpful



Offer to be a listening ear while they look for professional help



Remind them they deserve support



Places to seek support:

Local ED charities like SWEDA

Go to the REDCAN website to find out about support in your region.

Helplines like SWEDA Mindline and BEAT

If you have questions about supporting someone with an ED, phone a dedicated helpline like SWEDA Mindline or BEAT.

In really worrying cases, encourage the person you're supporting to speak to their GP

Eating disorders are very serious and can become dangerous if they escalate. Support the person to speak to their GP if you are noticing a rapid decline in their wellbeing.

