Eating disorders. Know the first signs?



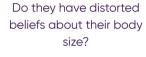




Lips Are they obsessive about food?

Flips

Is their behaviour changing?





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



Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

Help for adults

Helpline: 0808 801 0677

Email: help@beat eatingdisorders.org.uk Help for young people

Youthline: 0808 801 0711

Email: fyp@beat eatingdisorders.org.uk

Help for students

Helpline: 0808 801 0811 Email: studentline@beat eatingdisorders.org.uk

Online support

General enquiries

Unit 1, Chalk Hill House, 19 Rosary Road, Norwich NR1 1SZ 0300 123 3355 | beateatingdisorders.org.uk info@beateatingdisorders.org.uk

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