Eating disorders. Know the first signs?

Lips
Are they obsessive about food?

Flips
Is their behaviour changing?

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?

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@beateatingdisorders.co.uk

**Help for young people**
Youthline: 0808 801 0711
Email: fyp@beateatingdisorders.org.uk

**Help for students**
Helpline: 0808 801 0811
Email: studentline@beateatingdisorders.org.uk

**Online support**
Visit beateatingdisorders.org.uk for information about eating disorders, message boards, online support groups and one to one chat. Use helpfinder.beateatingdisorders.org.uk to find services in your area.

@BeatEDSupport  BeatEDSupport

**General enquiries**
Unit 1, Chalk Hill House, 19 Rosary Road, Norwich NR1 1SZ
0300 123 3355 | beateatingdisorders.org.uk
info@beateatingdisorders.org.uk
@beatED beat.eating.disorders

A charity registered in England and Wales (801343) and Scotland (SC039309). Company limited by guarantee no. 2368495.