

WHAT ARE THE WARNING SIGNS OF AN EATING DISORDER?

- ☒ A marked increase or decrease in weight not related to a medical condition.
- ☒ Preoccupation with weight, food, calories, dieting and/or body image.
- ☒ Development of abnormal food or eating habits such as extreme dieting, preference for strange foods or withdrawn or ritualized behavior at mealtime.
- ☒ Withdrawal from usual friends and activities.
- ☒ Compulsive or excessive exercising.
- ☒ Discoloration or staining of the teeth.
- ☒ Secretive food behaviors, including stealing, hiding or hoarding food.
- ☒ Feelings of isolation, depression, anxiety or irritability.
- ☒ Evidence of binge eating, such as the disappearance of a large amount of food.
- ☒ Evidence of purging behaviors, including frequent trips to the bathroom after meals, self-induced vomiting, periods of fasting or laxative, diet pill or diuretic abuse.

Get
Screened

MYNEDA.ORG/SCREENING

FREE AND CONFIDENTIAL
ONLINE SCREENING

Get Help



800-931-2237



INFO@MYNEDA.ORG



MYNEDA.ORG/HELPLINE

CLICK-TO-CHAT WITH THE HELPLINE ONLINE

IF YOU'RE CONCERNED ABOUT YOURSELF OR A FRIEND:

- ☒ TALK TO A TRUSTED ADULT, LIKE YOUR PARENT, COUNSELOR OR HEALTH EDUCATOR.
- ☒ VISIT WWW.MYNEDA.ORG TO LEARN MORE ABOUT EATING DISORDERS AND HOW TO HELP A FRIEND.
- ☒ CONTACT THE NEDA HELPLINE FOR RESOURCES AND TREATMENT OPTIONS.

PROUD
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 **NEDA**
Feeding hope.
National Eating Disorders Association