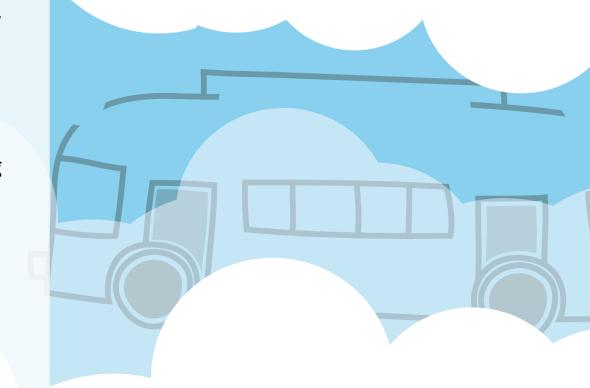
WHAT ARE THE WARNING SIGNS OF AN EATING DISORDER?

- 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- Development of abnormal food or eating habits such as extreme dieting, preference for strange foods or withdrawn or ritualized behavior at mealtime.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.



