EVERY BODY BELONGS HERE

NEDA

Tips for Educators: Eating Disorders & Mental Health

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As educators, you are often the first to notice subtle changes in mood, behavior, and physical well-being that could signal an eating disorder. Early recognition and connecting students to support are critical to preventing long-term harm and supporting recovery.

Signs to Look Out For

- Difficulties with concentrating, focusing, and low energy, which may lead to withdrawal from school and social interactions.
- Changes in academic performance and extreme mood swings.
- Impaired immune functioning, which may lead to more frequent illnesses and increased absences.

How to Help a Student

- Know the signs of eating disorders, common myths, and your school's referral guidelines for eating disorders and mental health issues.
- Refer to appropriate resources and ensure protocols for weight-based bullying are in place.
- If a student discloses an eating disorder, protect privacy, follow up in private, and communicate with empathy and support.

Things to Remember

- Eating disorders affect people of all sizes, races, and genders.
- Only a qualified expert can diagnose an eating disorder.

Visit nationaleatingdisorders.org for free tools, information, and resources.