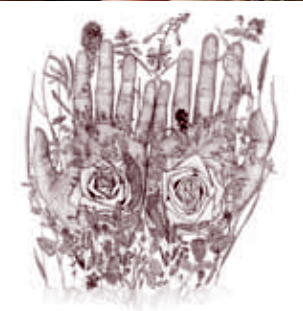


Eating Problems

Free Information and Advice



Why do people get eating problems?

- Pressure from magazines and celebrity culture, to be very thin
- Low self esteem
- Depression, feeling lonely
- To have self control if you feel out of control
- To deal with a bad experience, like bullying
- Someone in the family passing away not wanting to eat
- Family problems – eating too much over stress
- Sleeping problems eating to get to sleep

We all eat too much sometimes, or too little if we are stressed. When this goes on for too long, it can become a problem.



Useful numbers...

Beat (the Eating Disorders Association)
For adults: **0845 634 1414**
young people: **0845 634 7650**
www.b-eat.co.uk
www.edauk.com

Overeaters Anonymous
Great Britain **07000 784 985**
www.oagb.org.uk

National Centre for Eating Disorders **0845 838 2040**
www.eating-disorders.org.uk

Friends, Families and Travellers Wellbeing worker
07990 516 627
www.gypsy-traveller.org

EATING PROBLEMS

What can you do about it?

Admit you have a problem – remember you are not the only one and there are many people who can help you

- **FIND SOMEONE TO TALK TO**
- **CONTACT YOUR GP, ASK FOR COUNSELLING**

How can friends and family help?

- Don't ignore it, pretend it is not happening
- Find out more about eating problems
- Don't force the person to eat or punish them for not eating
- Remember this is about more than just food – look at what is going on in the person's life, not just the eating problem.

What is an eating problem?

There are many different types of eating problems, and people can have a bit of all 3

- Eating too little, drinking but not eating or not eating at all - this is called anorexia
- Eating a lot and then getting rid of it – by vomiting, exercising or taking laxatives - this is called bulimia
- Eating a lot of food, all in one go or throughout the day - this is called compulsive eating or binge eating.



Eating problems

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EMOTIONAL
WELLBEING



Friends Families and Travellers

For further information please contact

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