

Concerned about an eating disorder?

Over 10% of the population are affected by eating disorders – the 2nd deadliest mental illness. The good news is that recovery is possible with early detection and proper treatment. If the signs below sound familiar, we recommend an assessment by a medical care provider.



Around food

- Avoiding eating with family or in groups
- Visiting the bathroom (including showering) immediately after meals
- Rigidity around ingredients, brands, food preparations, or utensils
- Long history of 'fussy' eating that has become worse over time



Medically

- Fainting, weakness, and dehydration
- Frequent abdominal pain or other gastrointestinal complaints
- Injuries from exercise (e.g. stress fractures)
- Missed or irregular periods (for those menstruating)



Thinking

- Self-criticism for eating or not exercising
- Continual desire for reassurance about physical appearance
- Fears of choking, vomiting, pain, or getting ill after eating



Around activity

- Exercising intensely but without enjoyment
- Driven exercise: exercising while ill or in bad weather conditions



Mood

- Not showing much emotion
- Easily frustrated, moody
- Upset when routine changes, worried or fearful



Socially

- Spending less time with friends, peers, and family
- Inability to express/describe emotions