

# Eating disorders. Know the first signs?



## Lips

Are they obsessive about food?



## Flips

Is their behaviour changing?



## Hips

Do they have a distorted beliefs about their body size?



## Kips

Are they often tired or struggling to concentrate?



## Nips

Do they disappear to the toilet after meals?



## Skips

Have they started exercising excessively?

## Online support

Visit [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk) for information about eating disorders, and to access online support groups and one-to-one chat.

Use [helpfinder.beateatingdisorders.org.uk](http://helpfinder.beateatingdisorders.org.uk) to find services in your area.

@BeatEDSupport

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[beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

**Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.**

### EATING DISORDERS SUPPORT SERVICE

Gloucestershire Eating Disorders Service  
[www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos](http://www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos)

### CONTACT

01242 634242

### Useful links:

[www.what0-18.nhs.uk/popular-topics/mental-health/mental-health-and-wellbeing](http://www.what0-18.nhs.uk/popular-topics/mental-health/mental-health-and-wellbeing)  
[www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems](http://www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems)  
[www.freedfromed.co.uk/freed-for-all](http://www.freedfromed.co.uk/freed-for-all)

### Help for students

Helpline: 0808 801 0811

Email: [studentline@beat-eatingdisorders.org.uk](mailto:studentline@beat-eatingdisorders.org.uk)

### Help for young people

Youthline: 0808 801 0711

Email: [fyp@beat-eatingdisorders.org.uk](mailto:fyp@beat-eatingdisorders.org.uk)