

Think a friend may have an eating disorder?

Behaviors that may indicate a disorder:

- Restriction of food intake
- Bingeing on food when upset
- Rapid weight loss or gain
- Purging behaviors
- Excessive exercise
- Eating in private
- Focus on weight or appearance

The Numbers:

- Eating disorders have the highest mortality rate of any mental illness.
- 25% of college-aged women engage in bingeing and purging as a weight management technique.
- A survey by the National Eating Disorder Association found that nearly 20% of students of all genders said they had or previously had eating disorders.

24 million people
suffer from eating
disorders in the U.S.



MEDA is the foremost eating disorders non-profit in New England, and a member of the NEDA network.

MEDA offers a variety of programs and services including; assessments, support groups, skills sessions, referrals, open forums, educational workshops and consultations.

Contact MEDA for help and more information.

288 Walnut Street, Suite 130
Newton, Ma 02460

(617) 558-1881, (866) 343-MEDA

www.medainc.org

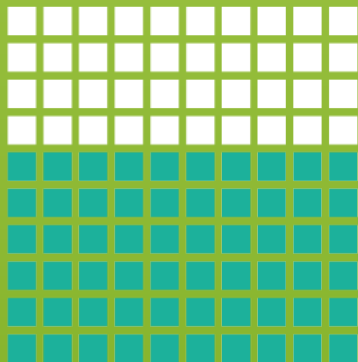


Eating Disorders
On Campus
How to Help a Friend

How to help

Watching someone you love develop and suffer from an eating disorder is difficult. You might find that it affects you in a negative way causing you to experience feelings of guilt and confusion. Remember that the most you can do to help someone recover is to guide them towards the treatment that they need. Follow these guidelines on how to approach a conversation with your friend in an appropriate manner.

Only 10% of people
with eating disorders
receive treatment.



With proper treatment,
most people will get better.

Guidelines to follow

-Eating disorders are complex psychological conditions that require immediate **treatment** by a professional.

-**Approach** your friend during a non-mealtime situation, and ask to set up a time to speak to them privately.

-**Assure** them that you care for them and are worried about their well-being.

-**Express** what behaviors are making you concerned in a non-accusatory or judgmental way.

-Do not use accusatory "you" statements such as "You just need to eat." Instead use "**I**" statements. "I worry when I hear you vomiting."

-Do not try and diagnose them or act as a therapist, encourage them to seek out **professional** help.

-If you are comfortable enough to do so, **help** them set up an appointment or offer to accompany them on their first visit.

- When the conversation ends, tell a **trusted** adult or medical professional.

-Express your continued **support**, and that you want them to be healthy and happy.

Full recovery is possible.

"I'm concerned
about you."

Their next step

Support in the greater Boston area:

MEDA
(617) 558-1881
www.medainc.org
Schedule an appointment for an
assessment and individualized plan.

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org
Connect to a skilled, trained counselor
at a crisis center in your area, anytime
24/7.