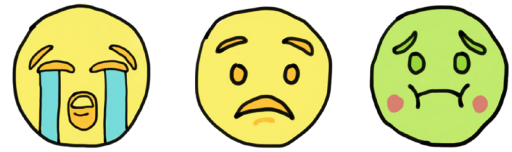


Eating Disorders.



It's not a diet.

Range of conditions involving an obsession with food, weight and appearance. This obsession negatively affects people's health, relationships and day-to-day living.

Feels like...



- Distorted body image
- Intense fear of gaining weight
- Constant pursuit of thinness
- Low self-esteem tied to body image
- Anxiety tied to eating
- Guilt

Looks like...



- Extremely restricted eating
- Extreme thinness
- Excessive preoccupation with body weight control
- Refusal to maintain minimally normal weight
- Eating excessive amounts uncontrollably
- Binge eating followed by purging

Sounds like...

"I'm fat"
"I need to lose a few more pounds"
"If I eat this I am going to gain weight"
(however, they are underweight)

What to do...

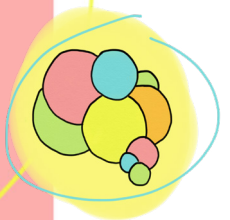
1. Do your research (accurately).
2. Tell a trusted adult.
3. See your school guidance counsellor.
4. Talk to your doctor.
5. Get a referral to a therapist or psychiatrist.
6. If in crisis, call 911 or go to your nearest emergency department.

FACT.

Up to 90 per cent of eating disorders occur in women, though men are being diagnosed more often.

IS IT AN ED?

- ☐ Are you at a weight that is less than 85% of that expected?
- ☐ Do you have a fear of gaining weight or becoming fat while underweight?
- ☐ Is your self-perspective heavily influenced by your body shape or weight?
- ☐ Do you engage in recurrent inappropriate behaviours to control your weight?
- ☐ Have you stopped menstruating (if you're a post-pubertal girl)?



IT GETS BETTER.

TREATMENT.

Psychotherapy, like Cognitive Behavioural Therapy (CBT)
Nutritional counselling
Medication

RESOURCES.

Centre for Addiction and Mental Health (CAMH)
camh.ca
Canadian Mental Health Association (CMHA)
cmha.ca
Teen Mental Health
teenmentalhealth.org

www.yourmindmatters.ca @yourmindmattersorg

YORK REGION CRISIS SUPPORT
1-855-310-COPE

KIDS HELP PHONE
1-800-668-6868

GOOD 2 TALK
1-866-925-5454