

# Recipe for Recovery

## Eating Disorder Awareness



## What is an Eating Disorder?

- Eating disorders are serious mental health conditions involving ongoing disturbances in eating behaviors and psychological functioning.
- They affect a person's relationship with food and are often linked to other mental health issues.

## Why does this matter?

- Eating disorders have more than doubled globally from 2000 to 2018 .
- It can affect anyone, regardless of age or gender. They pose serious health risks and can be life-threatening.

## How Can We Help?

### *Small Changes We Can All Make*

- Be mindful of language
- Avoid negative body talk
- Avoid labeling foods as “good” or bad”

## What should you do if you're concerned about a peer?

### **Talk to them**

Talk to them about your concerns  
& share any helpful resources

### **Refer to an adult**

Talk to a trusted adult ( school counselor, nurse, teacher) to ensure they get the help they need

### **Check In**

Continue to offer support-having a strong support system is key in recovery

## What does recovery look like?

Treatment often begins with a visit to a primary care or mental health professional

A personalized plan is created to address the mental, medical and nutritional needs

While some require inpatient care, many receive support through outpatient visits & therapy

***Recovery looks different for everyone***

Brought to you by:



## Resources

- ANAD Helpline: 1 (888) 375-7767
- National Alliance for Eating Disorders: (866) 662
- [McLean Hospital](#)
- [Center for Discovery](#)
- [Farmington Valley Counseling Center](#)
- [WaldenEatingDisorders.com](#)
- [Institute of Living](#)
- [National Institute of Mental Health](#)
- [National Eating Disorder Association](#)