

**TELL ME ABOUT..**

# Eating Disorders

## the facts

Eating disorders can affect anyone, male or female of any age. Approx 1 in 100 women have anorexia and 4 in 100 have bulimia. 11% of eating disorder sufferers are male.

The most commonly recognised are:

**Anorexia** - when someone appears to be starving themselves and loses a lot weight very quickly.

**Bulimia** - when someone yo-yo diets and uses laxatives or purging (vomiting) to control the amount of food they keep in.

**Orthorexia** - when someone becomes very picky about food and cuts out certain food groups e.g. fats or carbs or only eats 'healthy' foods.

**Binge-Eating** - when someone eats uncontrollably, often huge portions in one go in secret, including raw, uncooked or frozen foods.

An eating disorder is a coping mechanism and is a sign that things are going wrong in a person's life which they cannot control. They use food to control difficult emotions and feelings, but it can quickly take over and control the person. Not everyone who has an eating disorder will be overweight or underweight.

Try to tell someone as soon as you realise there is a problem (with you or a friend). Speak to an adult you trust, see your doctor and tell them as much as you can.

IF YOU NEED  
**HELP NOW!**

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.

## useful contacts

### B-eat

[www.b-eat.co.uk](http://www.b-eat.co.uk)

Tel: 0345 634 7650 (Youthline)

### Peterborough Eating Disorders (PEDS)

Tel: 01733 391 537

[www.peterboroughedc.co.uk](http://www.peterboroughedc.co.uk)

E: [peds.eatingdisorders@aol.co.uk](mailto:peds.eatingdisorders@aol.co.uk)

### Eating Matters (Norfolk)

Tel: 01603 767062

<http://eatingmatters.weebly.com>

### Lincs

<https://www.lincolnshire.gov.uk/lscb/young-people/wellbeing/eating-disorders/125979.article>

### The National Centre for Eating Disorders

Tel: 0845 838 2040

[www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

## other contacts

Help on any other issues that affect young people can be found at:

### CAMBS

<http://www.youthoria.org>

### LINCS

<https://www.lincolnshire.gov.uk/teeninfo/lincs/>

### NORFOLK

<https://www.whatsthedealwith.co.uk>

### NATIONAL

[www.youngminds.org.uk](http://www.youngminds.org.uk)