



Did you know?

You are not alone

In the U.S., around 20 million women and 10 million men will struggle with an eating disorder (anorexia, bulimia, and binge eating disorder) at some point in their lifetime. People who suffer from eating disorders can be preoccupied with appearance. The median age of onset is 18-20. Those who have an eating disorder often have another mental health concern such as anxiety, substance use disorder, or mood disorders.

Eating disorders don't discriminate

A person can be underweight, normal weight, or overweight and have an eating disorder. Eating disorders are 2-3 times more common in females than males. While the causes of disordered eating are complicated, a person's perception of their body image and distorted thoughts and emotions related to how they look can lead to changes in a person's eating and exercise habits.

Things that can help:



Exercise



Social Supports



Nutrition



Stress Reduction



Sleep

Treatment works!

To find out more information on eating disorders, where to find treatment, and support for those struggling with eating disorders – as well as support groups for friends and family – visit the [National Association of Anorexia Nervosa and Associated Disorders](#).

You can also check out the [National Eating Disorders Association](#) for information about treatment options, recovery stories, and other resources for caregivers and school professionals.

You don't have to be suicidal to use a crisis line – speak to someone about how you're feeling or if you're worried about a loved one by calling or texting a crisis line.

Contact the **Crisis Text Line** by texting 'TALK' to 741741

Call the **Suicide Prevention Lifeline** at 1-800-273-8255

MindWise.org



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