

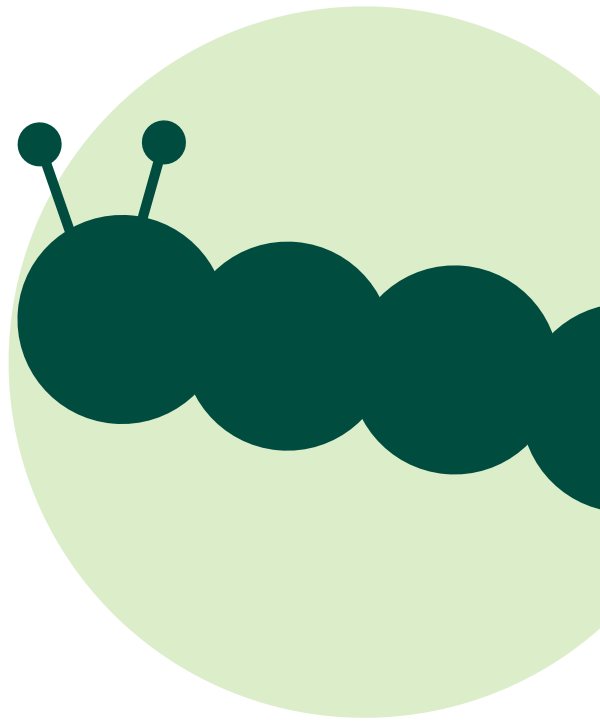
MYTHBUSTING EATING DISORDER TREATMENT

BEFORE TREATMENT



Eating disorders can affect anyone. They occur across all cultures & backgrounds, all ages from children to the elderly & in people of all genders.

Everyone is entitled to treatment, it's not all about your weight or BMI, it can also be intrusive thoughts and behaviours around food.



There are lots of different eating disorders that have different symptoms and impacts on people, and many people don't fall neatly into one category.

There is still a stigma around having an eating disorder, but there is no shame in asking for help and it is the first step to recovery.



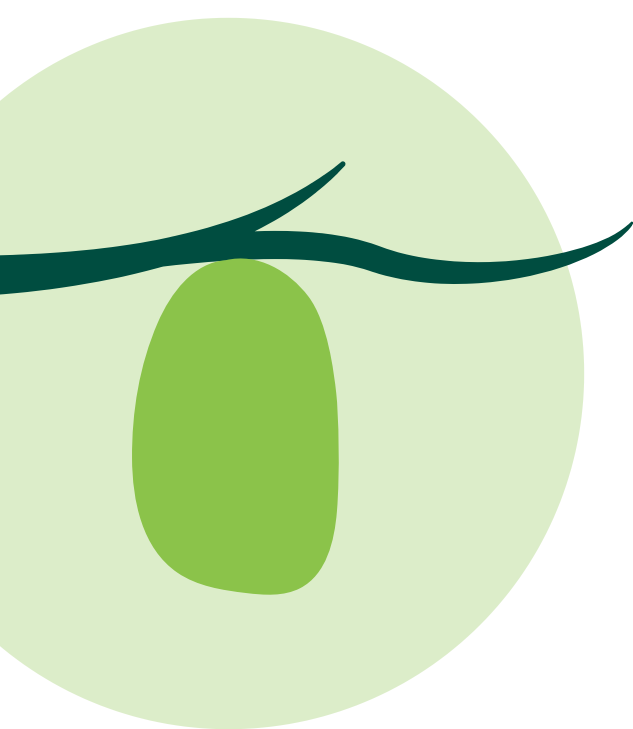
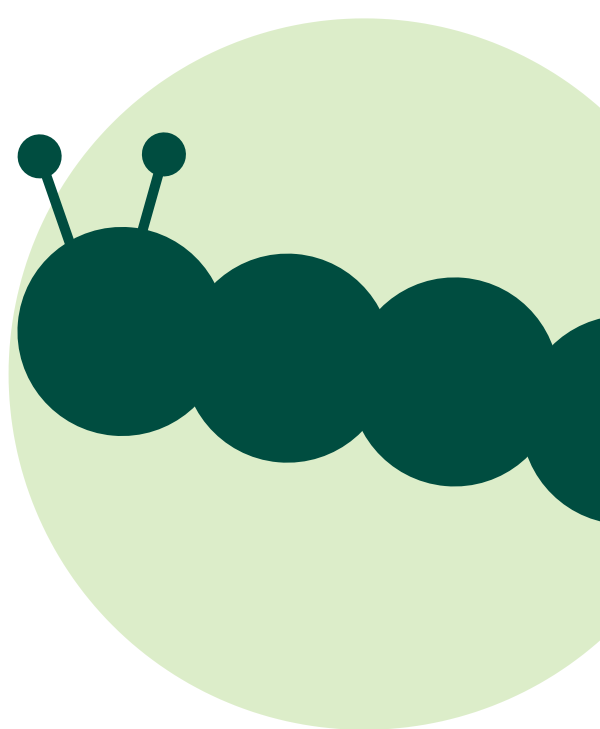
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BEFORE TREATMENT



Treatment does sometimes focus on weight and BMI, but that is only a small part of the story of having an eating disorder. The NHS is also there to support with the psychological side of EDs.

Eating disorders are multifaceted. You cannot always tell if someone has an ED by looking at them.



There are a range of treatment options including weekly/fortnightly appointments

Due to the nature of the eating disorder a person may go to great lengths to hide the behaviour. Eating disorders are not a phase & will not be resolved without treatment & support.



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INPATIENT TREATMENT

People in treatment for eating disorders come in all shapes and sizes and not all 'look' ill

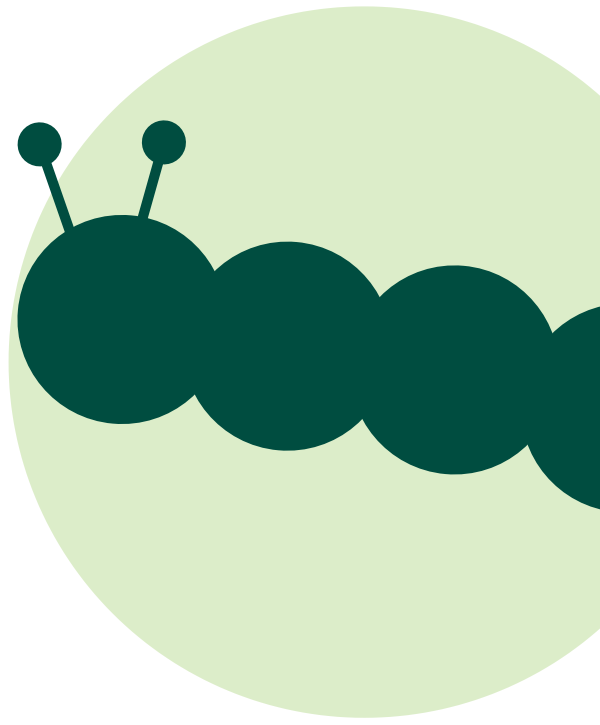
People enter treatment for lots of different reasons, many do so voluntarily.

While in hospital you have access to the internet, newspapers and you are allowed visitors, enabling contact & connection to the outside world.

The hospital staff will help you with any concerns about money while in treatment. Workplaces have a duty of care to their employees so losing your job shouldn't happen.

People are in hospital for a range of reasons; there is no reason to feel you are on your own. Many people (staff & patients) will be able to empathise with your situation.

Portion sizes are designed to mimic a 'normal' meal size. You are given food and drink choices as treatment goes on.



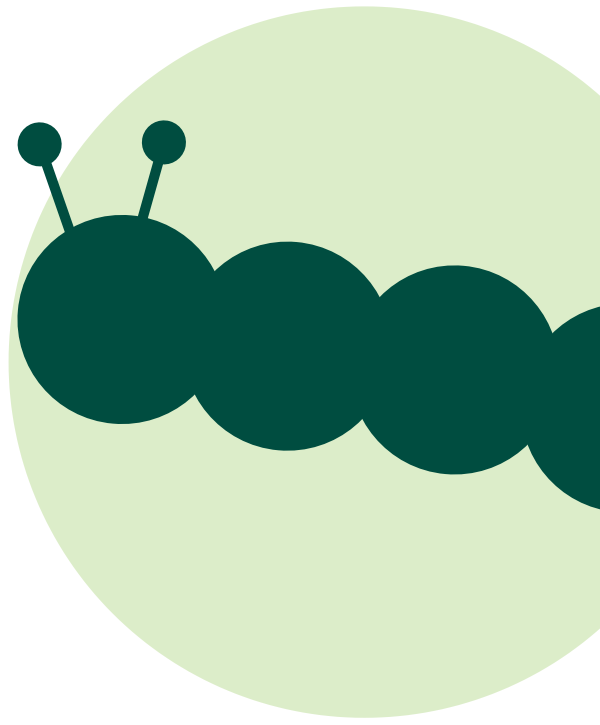
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COMMUNITY SERVICE & THERAPY



Help is there for everyone, no matter your circumstances or the nature of your eating disorder

Everyone is taken seriously; you should discuss with your GP or your current care team who can help you put through a referral.



A therapist will not judge you; they should help you find your pace for you to be as open as possible.



You will be involved in decisions about your treatment at each step of the way.

No one can fail at therapy, you should discuss with your GP or your current care team who can refer you back for another assessment. There is no set timeframe to recover.



MYTHBUSTING EATING DISORDER TREATMENT

RECOVERY

Set backs are part of the process – it doesn't mean you are back at the start.

Finishing treatment doesn't mean you don't need support anymore.

Recovery is possible and many people who receive treatment get much better.

Often we develop disordered eating patterns as a way of **cop**ing with highly stressful or otherwise difficult circumstances and emotions.

Those coping mechanisms don't always work and do more harm than good.

Part of recovery from an eating disorder is **learning new ways** to cope with difficulties that are healthier, more sustainable and ultimately work much better to deal with our problems.

