

Eating Disorders

Disordered eating is when a person has an unhealthy relationship with food and eating, and distress about weight or how their body looks. When this reaches a significant level, it may be diagnosed as an eating disorder. Disordered eating often begins with dieting, but lots of other factors can increase the risk that this may develop into an eating disorder

These include:

- family factors – like a family history of eating disorders
- individual factors – such as low self-esteem or wanting to do things perfectly all the time
- outside factors – like the influence of the media and social pressures to look a certain way
- life factors – like exams, work, relationships and feeling overwhelmed.

There are two main types of eating disorders: anorexia nervosa and bulimia nervosa.

Young people with disordered eating are more likely to experience other mental health difficulties at the same time:

- anxiety
- depression
- substance use disorders
- self-harm and suicidal thinking
- neurodevelopmental disorders (such as ADHD, conduct disorder, oppositional defiant disorder).

If you need immediate assistance call 000

