

REACHING OUT TO SOMEONE WHO MAY HAVE AN EATING DISORDER

DO:

- Learn about eating disorders so that you will know the signs when you see them.
 - Recognize that eating disorders are potentially fatal diseases and treat them accordingly.
 - Listen to your friend with understanding, respect and sensitivity.
 - Tell the person that you are concerned, that you care and would like to help.
 - Suggest that the person seek professional help from a physician and/or therapist.
 - Be available when your friend needs someone.
 - Talk about things other than food, weight, counting calories and exercise.
 - Attempt to discuss feelings instead.
 - Share your own struggles.
 - Stay calm; these things take time.
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DON'T:

- Don't try to solve the problem for them; they need a qualified professional.
- Don't blame them for doing something wrong or tell them they are acting silly.
- Don't gossip about them.
- Don't focus on weight, the number of calories being consumed or particular eating habits.
- Don't make comments about a person's appearance.
- Don't be afraid to upset them; talk to them.
- Don't reject or ignore them; they need you.
- Don't get involved in a power struggle around eating or other symptoms.



*For more information, please contact The Renfrew Center Foundation
at 1-877-367-3383 or visit www.renfrewcenter.com.*

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