

are you worried about your eating habits or do you feel anxious about eating?

We're all different when it comes to eating. We eat different amounts at different times and our appetites can vary and change. However sometimes eating habits can become a more serious problem.

Eating disorders can affect anyone - girls and boys, people of any age, from any background or culture and with any body shape or lifestyle.

Look at the following questions. If you answer 'yes' to two or more then you might need some specialist help. It doesn't mean you definitely have an eating disorder but you may need some support if it's affecting your everyday life.



Sussex Partnership
NHS Foundation Trust

Do you make yourself sick because you feel uncomfortably full?

Do you worry you have lost control over how much you eat?

Have you recently lost more than one stone in a three month period?

Do you believe yourself to be fat when others say you are too thin?

Would you say that food dominates your life?

Some young people from different cultural backgrounds may have a different experience around eating, but it could still be an emerging eating disorder.

help is available



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The Sussex Family Eating Disorder Service works with children, young people and their families to treat eating disorders.

We work with all young people aged 10-18 regardless of gender, ethnicity or sexuality.

If you want some help you can talk to your GP or contact the Sussex Family Eating Disorder Service on 01444 472670 (open Monday-Friday, 9am-5pm).



For further information about eating disorders visit:
www.fixers.org.uk/fixing-eating-disorders.php
or www.b-eat.co.uk

For more information about our services go to:
www.sussexpartnership.nhs.uk/eatingdisorder

