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WHAT TO DO IF YOU THINK YOU HAVE AN EATING DISORDER

“An eating disorder exists when one’s attitude towards food and weight has gone awry – when one’s feelings about work, day-to-day activities and one’s experience of well-being are consistently determined by what has or has not been eaten or by the numbers on the scale.”

from **“Surviving an Eating Disorder”** by Siegal, Brisman and Weinschel

Talk to someone you trust – a parent, friend, teacher or family member. If that person doesn’t take your concerns seriously, find someone who does.

Don’t wait. The sooner you talk with someone, the less difficult it will be to recover.

Find out more about eating disorders.

Seek help:

- The Eating Disorders Action Group at (902) 443-9944
- The National Eating Disorders Information Centre (NEDIC) in Toronto at 1-888-633-4220, The QEII Eating Disorders Clinic at (902) 473-6288
- or Central Referral to access government services for youth at (902) 464-4110
- Talk to your doctor about help available.
- Join a self help or support group. Being part of a group can help you deal with your eating disorder and you will have the chance to help others.

Keep track of your victories, not your ‘failures’. **Stay positive.** You can do this.

Remember that you are not alone. Talk with people who have recovered from an eating disorder.

Eating disorders are complex and they take time to develop and time is needed to recover.

Have patience with yourself. Maintain hope. Recovery is possible.

