

**WE NEED
TO TALK
ABOUT MEN**

DID YOU KNOW...

Around 1 in 4 people with eating disorders are men.

And yet in 2023, their symptoms can still go unnoticed.

We'd sooner put the signs down to fussy eating, a busy schedule – even a cry for attention. Right? Not quite.

To better understand these complex mental illnesses (and put harmful stereotypes to bed), we launched the UK's biggest survey on men's experiences with eating disorders.

OF THOSE WHO TOOK PART...



1 in 3

had never accessed treatment



1 in 5

had never spoken out
about their struggles



4 in 5

felt raising awareness would help
more men get treatment sooner



THAT'S WHERE YOU COME IN

This Eating Disorders Awareness Week, you can help us set the record straight.

Yes — men can get eating disorders too.

But really, stranger things have happened.

So share our campaign, look out for the signs and **#HelpMenGetHelp**.

SHARE ME

**NEED HELP OR
KNOW SOMEONE
THAT DOES?**



Check out our new support group for men. It's confidential, it runs every Tuesday and it's all online — so you don't even have to leave your living room.

TELL ME MORE