

EATING DISORDERS CAN BE HARD TO SPOT

Many people assume you can “see” an eating disorder, but these are complex mental health conditions that don’t always cause visible changes. Often, the first signs are shifts in behaviour or mood, which can differ widely from person to person. Stereotypes and stigma can make recognising these signs even harder.

Eating disorders can affect anyone, regardless of age, gender, or background. But help is available.

Concerned about yourself or someone you care about? Visit beateatingdisorders.org.uk/signs or scan the QR code for more information.

