

Eating Disorders Awareness Campaign

#EDit Views

ASK TWICE (ARE YOU OK?)

You are more likely to get an honest answer. It also lets them know you care and are willing to listen.

PERFECTION IS A MYTH!

Follow profiles that make you feel confident and unfollow the profiles that make you feel bad about yourself.

Don't give those negative thoughts the power to make you feel bad.

EDUCATE YOURSELF

Learn about signs & symptoms and services to not just help yourself but others too if they are struggling.

DON'T FORGET TO LOOK AFTER YOURSELF

Take time out for yourself. Spend time with the people who truly care and respect you.

Be kind to yourself and others.

SELF
CARE

10 SEC RULE

If it can't be fixed in 10 secs don't mention it!

STOP THE NEGATIVE TALK!

Talking badly about yourself or other people's looks, weight, height, appearance or eating habits can be damaging. Instead comment on specifics like...

"I like your new hair"
"That jacket suits you"
"I like your style"
"Love your vibe"

Do You Need Support?

Talking to somebody and asking for help is one of the bravest things you can do! You can also reach out to any of the **FREE** services below. If you or somebody else needs urgent help or in immediate danger call **999**. If you are looking for medical advice contact your GP or **111**.

kooth

Online mental health and wellbeing support for young people 11-25.

[Kooth.com](https://www.kooth.com)

NHS RDASH

CAMHS Eating Disorders Service

Supporting children and young people with advice, support and treatment.

Rdash.ceds@nhs.net **03000212349**

Beat
Eating disorders

Support, information and resources for all ages about eating disorders.

www.beateatingdisorders.org.uk

UK - 08088010677

THE MIX

Empowering young people under 25 to make informed choices about their wellbeing.

24/7 Crisis Messenger: 'THEMIX' to 85258.

[TheMix.org.uk](https://www.themix.org.uk) **08088084994**