



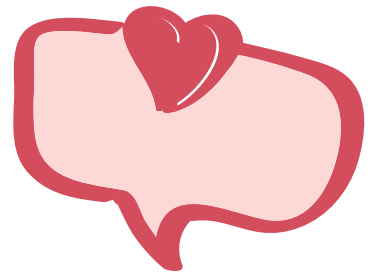
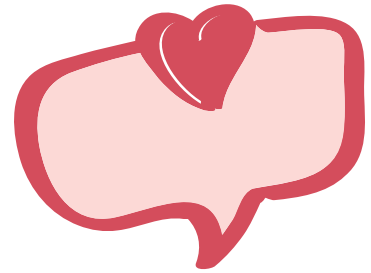
Coping with Eating Disorders

Steps to take if I have symptoms of ED

Information resource by Freed

Talk to Someone You Trust

- Choose the Right Person: Select someone you feel comfortable talking to, whether it's a friend, family member, or colleague.
- Set a Comfortable Environment: Find a quiet and private space to ensure a confidential and supportive conversation.
- Express Your Feelings: Communicate your concerns and emotions, emphasizing that you need their support.
- To understand how to start an initial conversation, check out the resource [here!](#)



Be Gentle and Understanding with Yourself

- Practice Self-Compassion: Understand that struggling with an eating disorder is challenging, and it's okay to ask for help.
- Avoid Self-Blame: Recognize that eating disorders are complex, and seeking help is a courageous step towards recovery.



Seek Professional help

- **Consult a Healthcare Professional:** Reach out to a primary care physician, therapist, or counselor who can guide you through the appropriate steps.
- **Consider a Specialist:** Seek help from professionals specializing in eating disorders, such as dietitians, psychologists, or psychiatrists.



How to get help for an Eating Disorder?

Seeking help is an essential step toward recovery. There are various places and professionals who can offer support. Here's a guide on how to get help for an eating disorder:



Primary Care Physician: Start by consulting with your primary care physician. They can assess your overall health, address immediate concerns, and provide referrals to specialists.

Mental Health Professionals:

- Psychiatrists: Specialize in mental health and can prescribe medications if needed.
- Psychologists: Provide therapy to address the psychological aspects of the eating disorder.
- Therapists/Counselors: Offer counseling and support for emotional and behavioral aspects.

Registered Dietitians: Seek guidance from a registered dietitian specializing in eating disorders. They can help re-create the relationship between food and nutrition!

Support Groups: Joining support groups, either in-person or online, provides a sense of community and understanding. Organizations like Freed offer such resources.

Family and Friends: Share your concerns with trusted family members and friends. Their support can be valuable throughout the recovery process.

Helplines and Hotlines: Utilize helplines and hotlines dedicated to eating disorders. Professionals can offer immediate assistance and guidance.

Online Resources: Explore credible online resources that provide information, self-help tools, and guidance on seeking help for eating disorders.





Freed is dedicated to providing confidential and compassionate support for those dealing with eating disorders. Check out our [website](#) for information, a directory of professionals, self-help resources, and brochures.



Remember, you are not alone, and support is available. Professionals and support networks are available to assist you on your journey toward recovery. If you're unsure where to start, send us an email at info@imfreed.org, or DM us over Instagram and we will guide you to appropriate resources.