



Caregiving for EDs

Encouraging a loved one to seek professional help

Information resource by Freed

Supporting a loved one struggling with an eating disorder (ED) is challenging but crucial for their well-being. This brochure aims to guide you in encouraging your loved one to seek professional help, emphasizing the importance of professional intervention.



**Why seek
professional help?**



Professional intervention is essential for comprehensive assessment, diagnosis, and treatment planning. Trained healthcare providers can offer the specialized support needed to address the complexities of eating disorders and promote lasting recovery.

Here are a few things to be mindful of before conversing/while conversing and after conversing with the loved one:

- **Learn more about EDs and mental health:** Educate yourself on eating disorders and their impact on mental health to better understand your loved one's struggles.
- **Gather resources:** Collect information on local treatment centers, therapists, and support groups.
- **Understand the first step's challenges:** Recognize that taking the first step towards recovery can be intimidating and offer reassurance.



- **Offer Unconditional Support:**

Communicate your love and concern without judgment or blame.



- **Time Your Conversation**

Appropriately: Choose a calm and private setting to discuss sensitive matters.



- **Ask If They Want Help Making the First Call/Appointment:**

Empower them by involving them in the decision-making process.



- **Following Up After the First Conversation:** Offer ongoing support and encouragement.

- **If the First Professional is Not a Good Match:** Encourage them to explore other options until they find the right fit.



- **Help Them Get a Medical Check-Up:** Facilitate a comprehensive health assessment to address physical and mental well-being.



- **Understand and Address ED Side Effects:** Be aware of the physical and emotional consequences of their eating disorder.
- **Remind Them Why They Want to Get Well:** Reinforce the importance of their health and well-being.
- **Find a Middle Ground:** Approach the conversation with empathy, avoiding both force and avoidance.
- **Prepare for Resistance and Setbacks:** Anticipate potential challenges and be patient with the process.

