

# Eating disorders.

## Know the first signs?



### Lips

Are they obsessive about food?



### Flips

Is their behaviour changing?



### Hips

Do they have distorted beliefs about their body size?



### Kips

Are they often tired or struggling to concentrate?



### Nips

Do they disappear to the toilet after meals?



### Skips

Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

**Don't delay. Visit [beateatingdisorders.org.uk/tips](https://www.beateatingdisorders.org.uk/tips)**



**Beat is the UK's eating disorder charity.  
We are a champion, guide and friend  
for anyone affected by an eating disorder.**

### **Help for adults**

Helpline: 0808 801 0677

Email: [help@beat](mailto:help@beat)  
[eatingdisorders.org.uk](http://eatingdisorders.org.uk)

### **Help for young people**

Youthline: 0808 801 0711

Email: [fyp@beat](mailto:fyp@beat)  
[eatingdisorders.org.uk](http://eatingdisorders.org.uk)

### **Help for students**

Helpline: 0808 801 0811

Email: [studentline@beat](mailto:studentline@beat)  
[eatingdisorders.org.uk](http://eatingdisorders.org.uk)

## **Online support**

Visit [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk) for information about eating disorders, online support groups and one to one chat.

Use [helpfinder.beateatingdisorders.org.uk](http://helpfinder.beateatingdisorders.org.uk) to find services in your area.

 [@BeatEDSupport](https://twitter.com/BeatEDSupport)  [BeatEDSupport](https://www.instagram.com/BeatEDSupport)

## **General enquiries**

Unit 1, Chalk Hill House, 19 Rosary Road, Norwich NR1 1SZ

0300 123 3355 | [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

[info@beateatingdisorders.org.uk](mailto:info@beateatingdisorders.org.uk)

 [@beatED](https://twitter.com/beatED)  [beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

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