



Creating Awareness, Reducing Stigma,
Providing Support

AMH Adapt

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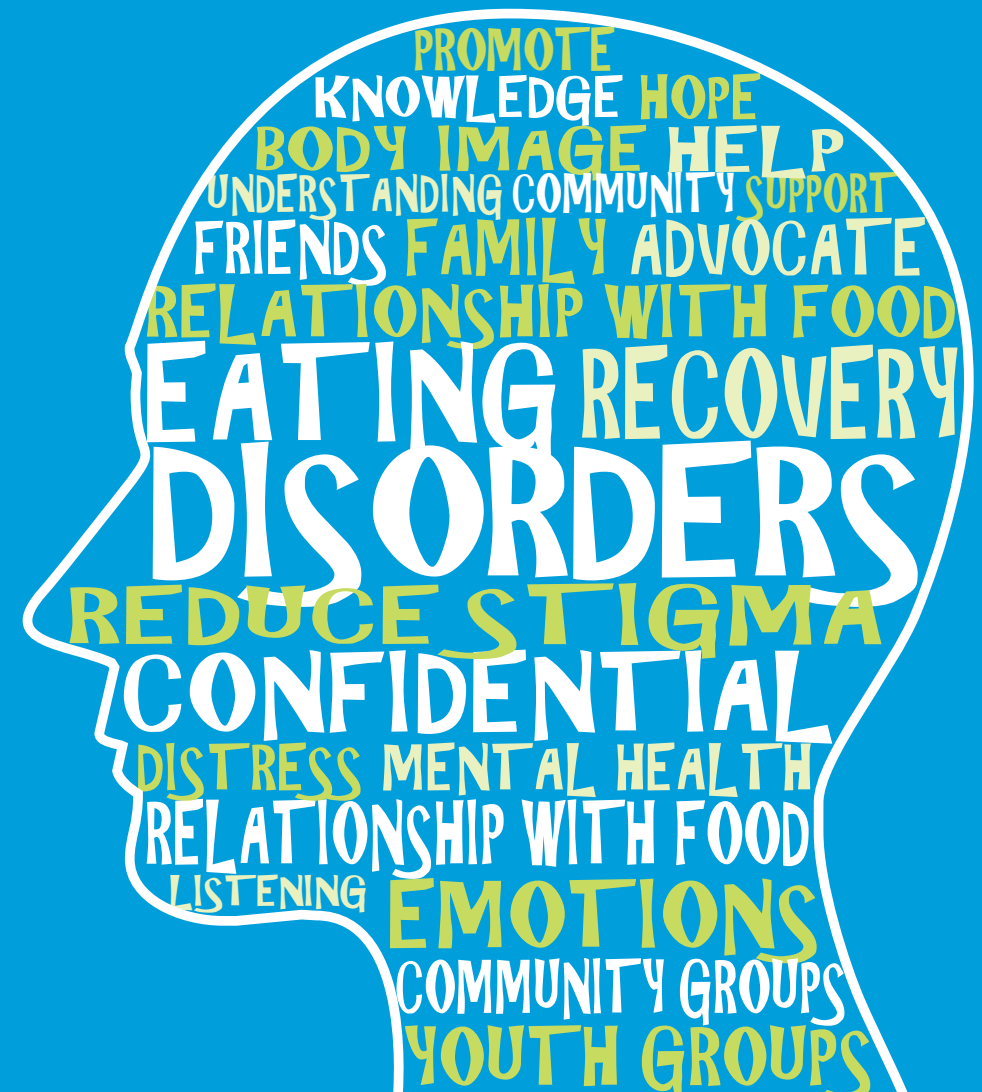
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AMH Adapt aims to promote and increase knowledge, and provide greater understanding and awareness of Eating Disorders in our community. We have adopted a recovery approach to provide help and support to people with eating disorders, and their friends and families. We also advocate and lobby on their behalf, for specialist services.

While over 700,000 women and men in the UK have a diagnosed eating disorder at any one time, research suggests that this number vastly underestimates the true size of the problem in the UK with estimates suggesting that up to 80% of individuals who screen positively for having an eating disorder have never accessed help or support.

AMH Adapt aims to create greater awareness of eating disorders, reduce stigma and provide much needed support to both the person affected, and their family & friends.

Eating disorders claim more lives than any other mental illness, one in five of the most seriously affected will die prematurely from the physical consequences or suicide. But one of the most harmful symptoms of an eating disorder is SILENCE, we want to encourage those affected to speak out for support and know that a listening, understanding and confidential ear will be here to support you towards recovery.

What are Eating Disorders?

- Eating Disorders are not primarily about food and weight
- People can and DO recover
- Eating Disorders can affect anyone of any age, gender or background

Although an Eating Disorder is a complex mental health condition, in its simplest, it is about using food as an emotional tool. For the person with an eating disorder, controlling food and the body is their way of relieving distress or managing their emotions and achieving some degree of control over their life. Their eating disorder provides them with a sense of safety.

Eating disorders in particular are highly stigmatised, with people commonly dismissing the condition as a 'diet fad', a ploy for attention, or simply as 'normal' behaviour. But an eating disorder is not a lifestyle choice, but a serious mental health condition.

With research suggesting that as many as 1 in 20 people will develop an eating disorder over their lifetime it's important we raise awareness of this mental health condition throughout our community and provide much needed support and training within this area of mental health.

How can AMH Adapt help?

We offer training programmes to support awareness raising, increase knowledge of eating disorders and promote early intervention and pathways to appropriate support. Programmes are offered to post-primary schools, youth and community groups and health professionals.

AMH Adapt provides support and information to people with eating disorders as well as their family and friends. We will ensure that individuals are signposted to support services, as appropriate e.g. GP, Specialist Eating Disorder services, community/voluntary services.

Information on eating disorders and health promotion is available.

Contact us through our **website** or Tel: **028 3834 7535** for further information.

If you feel in crisis you can call Lifeline on **080 8808 8000** 24 hours a day, 7 days a week.