

action  
mental  
health

# Tips for talking

# Set a time to talk

Make time for a private, respectful conversation with them to discuss your concerns openly and honestly in a caring, supportive way. Make sure you will be some place away from other distractions.

# Talk one-to-one

If other people are around, the individual may feel like you're ganging up on them. A one-to-one conversation can be more reassuring.

# Communicate your concerns

Share your memories of specific times when you felt concerned by their eating or exercise behaviours. Explain that you think these things may indicate that there could be a problem that needs professional attention.

# Ask them to speak with a professional

This could be a GP, counsellor, doctor or nutritionist; someone knowledgeable about eating issues. If you feel comfortable doing so, offer to help them to make an appointment or go with them.

# Have some information about eating disorders to hand

They may not feel ready to talk or share with you yet. But if they can go away with information to read that helps them to recognise they may need help, they are more likely to come forward when they're ready to ask for support.