

The logo for Action Mental Health, featuring the text "action mental health" in white lowercase letters inside a white rounded square, which is set against a blue rounded square background.

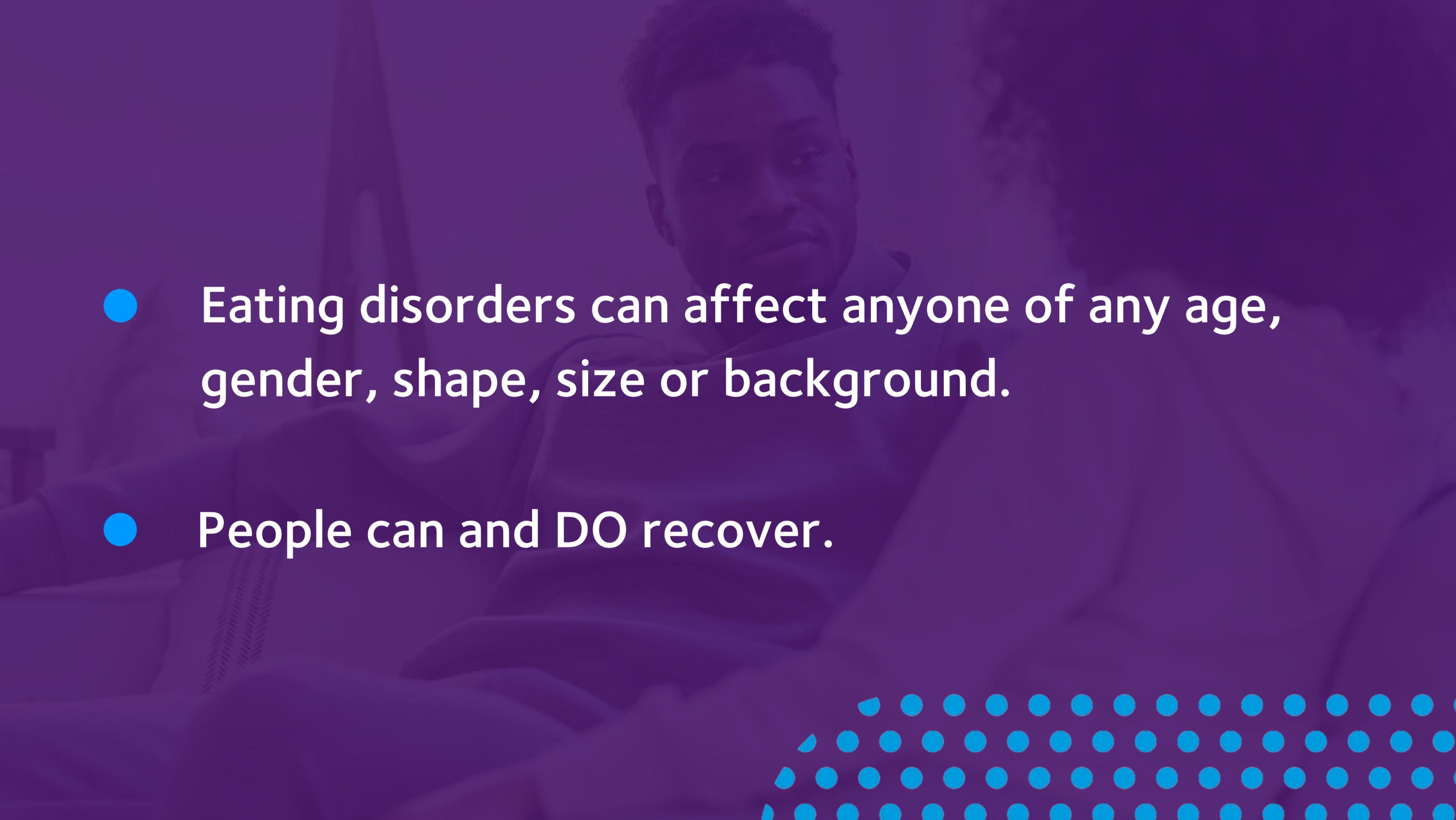
action
mental
health

The background of the slide is a photograph of a man sitting on a couch, reading a newspaper. The image is overlaid with a semi-transparent purple filter. There are decorative blue polka dots in the top right and bottom left corners.

What is an eating disorder?

- **Eating disorders are not primarily about food and weight.**

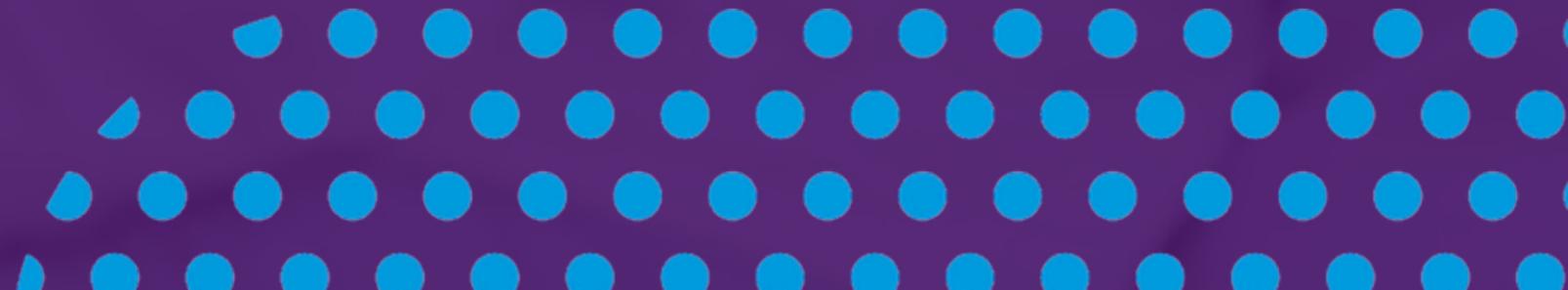
People with an eating disorder control food and their body as a way of relieving distress or managing emotions, while achieving some degree of control over their life.

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- Eating disorders can affect anyone of any age, gender, shape, size or background.
 - People can and DO recover.

Common eating disorders:

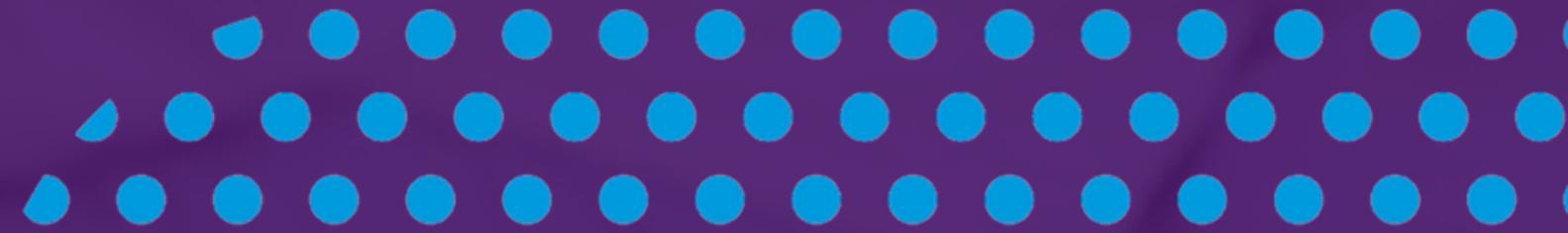
Anorexia nervosa

Trying to control your weight by not eating enough food, exercising too much, or doing both.



Bulimia

People with bulimia are caught in a cycle of eating large quantities of food (called bingeing), and then trying to compensate for that overeating by vomiting, taking laxatives or diuretics, fasting, or exercising excessively (called purging).



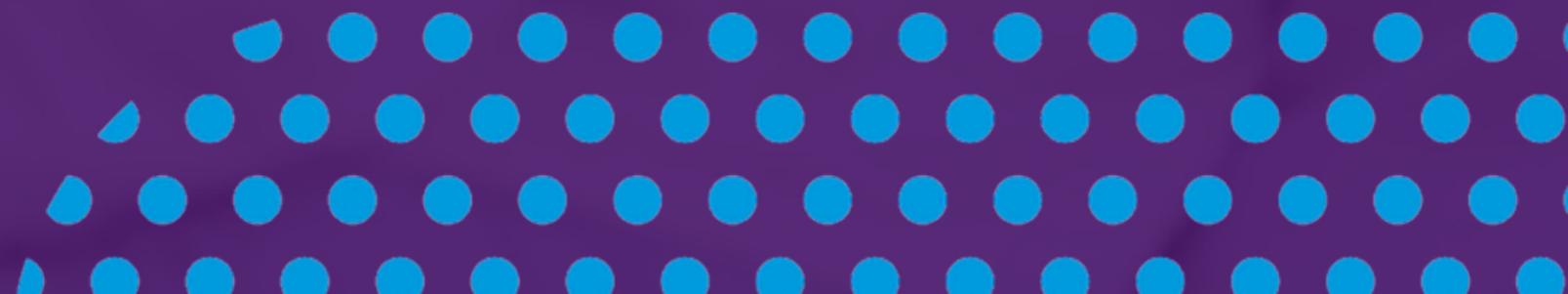
Binge eating disorder (BED)

Eating large portions of food until you feel uncomfortably full.



Avoidant/restrictive food intake disorder (AFRID)

AFRID is when someone avoids certain foods, limits how much they eat, or does both.



Other specified feeding or eating disorder (OSFED)

A person may have an OSFED if their symptoms do not exactly fit the expected symptoms for any specific eating disorders.

