

RESOURCES >>

All warning signs should be taken seriously. If you feel you or someone you know may be struggling with an eating disorder, connect with a trusted adult, friend, or loved one and seek help immediately.

LOCAL

Eating Recovery Center (ERC): Partial hospitalization and intensive outpatient treatment across the nation for patients 16 years and up.
[513-808-9220](tel:513-808-9220), eatingrecoverycenter.com

Lindner Center of HOPE: Inpatient and outpatient services for individuals 18 years and up.
[513-666-5618](tel:513-666-5618), lindnercenterofhope.org

1N5: Find a variety of resources for wellness and more.
[513-814-3007](tel:513-814-3007), 1N5.org/resources

NATIONAL

National Eating Disorders Association (NEDA): Call or text the confidential helpline ([800-931-2237](tel:800-931-2237)) or use the online chat. Use the online screening tool to figure out if professional help is right for you or your loved one.
nationaleatingdisorders.org

National Association of Anorexia Nervosa and Associated Disorders (ANAD): Find support groups, mentors, and a treatment directory.
anad.org

Academy for Eating Disorders (AED): Read the most up to date resources about the science of eating disorders & learn more about treatment options and advocacy work.
aedweb.org

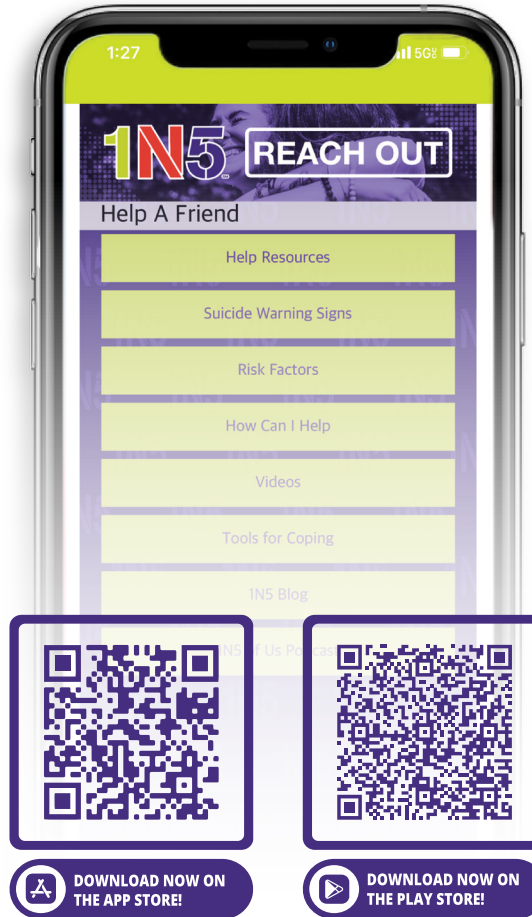
LOOKING FOR ALTERNATIVE SUPPORT?

Local support groups can be found through Cincinnati Children's Hospital, NAMI, and Mental Health America.

If you or anyone else you know is in a life-threatening emergency, call 911.

DOWNLOAD THE 1N5 REACH OUT APP ON THE APP STORE & GOOGLE PLAY STORE

1N5's Reach Out app is a great tool to use when looking for guidance to help ourselves or a friend, learn about suicide prevention, or cope with mental health challenges.



3975 ERIE AVENUE | CINCINNATI, OH 45208
[513.814.3007](tel:513.814.3007) | INFO@1N5.ORG | 1N5.ORG

1N5 is a non-profit organization that serves to increase awareness and education about mental health in youth and adults.

EATING DISORDERS



"Eating disorders and disordered eating across the spectrum are dangerous and devastating. However, there is always hope and a chance for recovery. Seeing a specialist with expertise in eating disorders is crucial to feeling supported and getting guidance in the challenging process of recovery."

— Dr. Jennie Wang-Hall

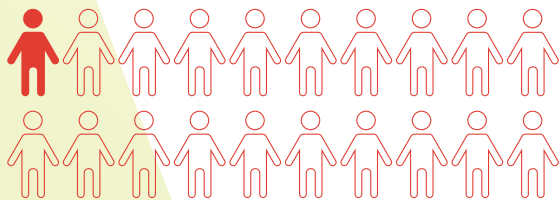
1N5.org | info@1N5.org
Stop the Stigma. **Start** the Conversation.



WHAT IS AN EATING DISORDER?

The American Psychological Association characterizes Eating Disorders as “severe and **persistent*** disturbance* in eating behaviors” accompanied by “**distressing*** thoughts and emotions.” Eating disorders are a serious mental health condition having the second highest mortality rate of any mental illness.

- **Persistent:** happens for a long amount of time
- **Disturbances:** difference/interruption
- **Distressing:** upsetting/causing stress



1 in 20 people...

currently live with an eating disorder, and nearly **1 in 10 people** will experience an eating disorder in their lifetime.

Typical onset, such as restricting or limiting food or negative thoughts about one's body, occurs between the ages of 10 to 19.



Eating Disorders can also have a disproportionate impact on certain communities. Athletes, BIPOC, LGBTQ+, women-identifying, individuals with disabilities, children with autism, and people struggling with anxiety all suffer from higher rates of eating disorders. Recently there has been an increase in male-identifying persons.

Although BIPOC experience a greater risk of developing an eating disorder, they are less likely to receive a diagnosis or treatment.

IDENTIFY THE SIGNS

Warning signs of an Eating Disorder are changes from a person's typical behaviors over a significant period of time. Per the NEDA, this may include one or more of the following:

- Restrictive dieting (skipping meals, avoiding wide groups of food, etc.)
- Frequent trips to the bathroom after meals
- Changes in period/menstrual cycle
- Shame around food or discomfort eating around others
- Brittle hair, skin, and nails or hair loss
- Difficulties with focusing
- Frequently feeling cold
- Noticeable weight loss or weight gain
- Unusually high concerns about body image
- Sleeping much more or much less than normal
- Big differences in energy levels
- Passing out
- Extreme exercise
- Thoughts of suicide

WAYS TO SUPPORT A LOVED ONE

Do:

- Listen without judgment
- Get educated about eating disorders
- Validate a loved one's emotions and struggles
 - *“This sounds like it has been a really hard journey for you, thank you trusting me.”*
- Ask how they'd like support
- Encourage help

Don't:

- Judge a person for how they look
- Blame yourself or the person struggling for having ED
- Compare diets, bodies, or exercise habits
- Assume how they are feeling
- Try to “fix” the problem for them, especially right after they have disclosed such vulnerable information

CHANGE THE LANGUAGE

It is so important to be intentional about the words we use around food and exercise before symptoms of an Eating Disorder begin. We all play a role in changing the way we talk about our bodies, diet, and exercise.

- Avoid labeling foods as **good/healthy** or **bad/unhealthy**.
 - *Instead, encourage balance with words such as **nourishing**, **energy-rich**, or **refreshing***
- Do not compliment weight loss/weight gain and instead try giving more well-rounded compliments.
 - *“You are such a great listener.”*
 - *“I love that you make time for me.”*
- Avoid making self-critical comments about body image, diet, or exercise habits.
- Avoid language that reinforces beauty standards and the **thin ideal**.
 - *The idea that to be “thin” is the only way to be healthy and/or beautiful*

