

WORRIED ABOUT EATING OR HOW YOUR BODY LOOKS OR FEELS?

You can talk to your GP for support.

If you feel like food, eating or your body are making you feel stressed, worried or out of control, you might be experiencing disordered eating or an eating disorder. This can happen to anyone from any background, age, gender or body size. If it's happening for you, it's not your fault. You are not alone.

Getting help as early as you can is the best way to get better. Your GP can help you to access free or low-cost mental health support.

It is possible to have a good relationship with food and feel strong and safe in your body.



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