

Eating disorders are about emotions, dealing with stress and facing life challenges ...



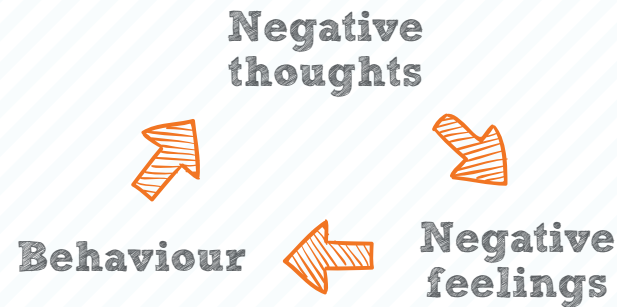
...not just food.



Having an eating disorder is like living with a bully in your head 24/7!

Thoughts like these can bring on feelings of loneliness, shame and guilt.

Our thoughts are NOT always fact.

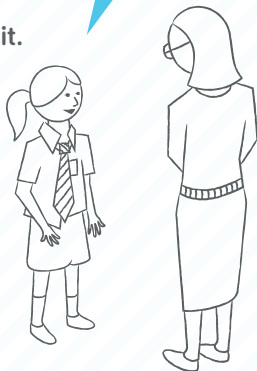


Our thoughts affect our feelings - our feelings affect our behaviour and the decisions we make.

It's **GOOD** to talk.

It's OK to say how you feel, even if you don't understand it.

Some problems can't be fixed on your own and need to be shared with an adult.



→ **Connection can make things EASIER.** ←

Who can help?

- A PARENT
- A THERAPIST/COUNSELLOR
- A TEACHER
- A GUIDANCE COUNSELLOR
- BODYWHYS HELPLINE - 1890 200 444

→ **Talk to someone you can TRUST.** ←

Contact the **EDCC**

 021 453 9900  
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[www.eatingdisordercentrecork.ie](http://www.eatingdisordercentrecork.ie)



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WHAT TO KNOW ABOUT EATING DISORDERS