

Eating Disorder Awareness

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team.

Safeguarding support options

Ways to access support if you are worried for yourself or someone else:

- Email safeguarding@qa.com
- Complete a [Safeguarding Self-Referral Form](#) if the concern relates to you.
- Complete a [Safeguarding Referral Form](#) if you are worried about someone else.



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What is an eating disorder?

An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape. With treatment, most people can recover from an eating disorder. For more information visit: <https://www.nhs.uk/mentalhealth/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

The most common eating disorders are:

- Anorexia nervosa – trying to control your weight by not eating enough food, exercising too much, or doing both
- Bulimia – losing control over how much you eat and then taking drastic action to not put on weight
- Binge eating disorder (BED) – eating large portions of food until you feel uncomfortably full

Signs you may see with an individual experiencing an eating disorder:

It can be very difficult to identify that a loved one or friend has developed an eating disorder.

Warning signs to look out for include:

- Dramatic weight loss
- Lying about how much they've eaten, when they've eaten, or their weight
- Eating a lot of food very fast
- Going to the bathroom a lot after eating
- Exercising a lot
- Avoiding eating with others
- Cutting food into small pieces or eating very slowly
- Wearing loose or baggy clothes to hide their weight loss

Who to contact and how can they help?

It can be difficult to know what to do if you're worried that someone has an eating disorder. They may not realise they have an eating disorder. They may also deny it or be secretive and defensive about their eating or weight.

- Let them know you're worried about them and encourage them to see a GP. You could offer to go along with them.
- Read more about talking to someone about eating disorders and supporting someone with an eating disorder.

The eating disorder charity Beat also has information on: [Worried about a friend or family member - Beat](#)

- What to do if you're worried about a friend or family member.
- What to do if you're worried about a pupil.
- What to do if you're worried about an employee.
- Supporting someone with an eating disorder.

[Helplines - Beat](#)

Help for Scotland - Helpline: 0808 801 0432 - Email:

Scotlandhelp@beateatingdisorders.org.uk

Activity – Personal Story

Read Amelie's story of her own journey with an eating Disorder.

['The Beat Helpline... it's life-changing' - Amelie's story](#)



Questions:

1. What did Amelie find so tiring when dealing with her eating disorder?
2. Name 3 signs of an individual experiencing an eating disorder.
3. Where is help available for those struggling with an eating disorder?

Further Resources

Visit our learner portal for Information, advice and activities to help prioritise your wellbeing during your apprenticeship programme, including workload management, handling stress, and external support services. [Apprentice learner's portal](#)

Reminder:

For safeguarding support please contact safeguarding@qa.com for further advice and support or make a referral via these links:

- [Staff/Employer/Peer Referral](#)
- [Learner Self-Referral](#)
- [Low level & Behavioural Concern](#)

