HOW TO HELP A FRIEND
DISORDERED EATING

NORMAL
- Eat more on some days, less on others
- Eat some foods just because they taste good
- Have a positive attitude towards food
- Over/under-eat occasionally
- Change eating habits to get healthy
- Crave certain foods at times

DISORDERED
- Binge eating
- Excessive eating
- Skipping meals regularly
- Self-induced vomiting
- Obsessive calorie counting
- Self-worth based on body shape or weight
- Misusing laxatives or diuretics

WHAT TO SAY
- Be honest! Talk openly with the person
- Avoid placing shame, blame, or guilt. Do not use accusatory “you” statements such as, “You just need to eat.”
- Instead, use “I” statements. For example: “I’m concerned about you because you refuse to eat breakfast and lunch.” Or, “It makes me afraid to hear you vomiting.”
- Remind your friend that you care and want them to be healthy
- Model sensible eating, exercise, and self-acceptance
- Remember that you cannot force someone to seek help, change their habits. or adjust their attitudes

WHEN TO REFER
- Underweight, emaciated appearance with protruding bones or a sunken appearance to the face
- Refusal/denial of hunger
- Noticeable scarring on the back of hand/fingers
- Excessive exercise
- Frequent bathroom trips after eating

WHERE TO REFER
The Emily Program
emilyprogram.com
888-364-5977
Health & Counseling Services
704 E Sharp Ave.
509-313-4052