

# DO'S & DON'TS FOR EATING DISORDERS

## Do...

- Act quickly
- Encourage your loved one to get help by contacting a doctor or mental health professional
- Be available when the person needs to talk
- Be supportive and let the person know you care about them
- Educate yourself on eating disorders
- Discuss your concerns with a professional and seek help for yourself if you need someone to talk to
- Make mealtimes pleasant and enjoyable; eat balanced meals
- Communicate to the person the seriousness of your concerns
- Be patient. Recovery is a gradual process
- Encourage independence and autonomy
- Be aware of the perfectionist tendencies of the individual, be realistic about their achievements and accomplishments
- Maintain a normal routine
- Try not to lose hope

CMHA (2016). Getting help for someone else. Retrieved from <https://wwd.cmha.ca/home-page/our-services/eatingdisorders/getting-help-someone-else/>

**We're here to help. Contact BANA if you have further questions about ED's and how we may assist you.**

**1.855.969.5530**

## Don't...

- Spy
- Nag your loved one about eating
- Comment on weight or appearance
- Force eating/ become the "food police"
- Agree to help control eating
- Blame yourself or someone else
- Expect the person to acknowledge the problem
- Set weight goals or reward weight loss/gain in any way
- Expect immediate results. Recovery is a lifelong process
- Criticize your own weight and shape
- Talk about food in terms of "good," or "bad"



CMHA (2016).

**LOCAL NUMBER. LOCAL SERVICES.**

No referral required. Programs provided free of charge.  
Call us toll free. This is not a crisis number.

**WWW.BANA.CA**