



SGS Wellbeing Service &
Students' Union

EATING DISORDER

wellbeingservice@sgscol.ac.uk

What is an eating disorder?

An eating disorder is when you have an unhealthy attitude to food, which can take over your life and make you ill. It can involve eating too much or too little, or becoming obsessed with your weight and body shape. But there are treatments that can help, and you can recover from an eating disorder. Men and women of any age can get an eating disorder, but they most commonly affect young women aged 13 to 17 years old.

The most common eating disorders are:

- **Anorexia Nervosa** is when you try to keep your weight as low as possible by not eating enough food, exercising too much, or both
- **Bulimia** is when you sometimes lose control and eat a lot of food in a very short amount of time (binging) and are then deliberately sick, use laxatives (medication to help you poo), restrict what you eat, or do too much exercise to try to stop yourself gaining weight
- **Binge Eating Disorder (BED)** is when you regularly lose control of your eating, eat large portions of food all at once until you feel uncomfortably full, and are then often upset or guilty
- **Other Specified Feeding or Eating Disorder (OSFED)** is when your symptoms don't exactly match those of anorexia, bulimia or binge eating disorder, but it doesn't mean it's a less serious illness

If you or people around you are worried that you have an unhealthy relationship with food that's affecting your eating habits, you could have an eating disorder. Symptoms of eating disorders include:

- spending a lot of time worrying about your weight and body shape
- avoiding socialising when you think food will be involved
- eating very little food
- deliberately making yourself sick or taking laxatives after you eat
- exercising too much
- having very strict habits or routines around food
- changes in your mood

You may also notice physical signs, including:

- feeling cold, tired or dizzy
- problems with your digestion

- your weight being very high or very low for someone of your age and height
- not getting your period for women and girls

How to get help

Speak to any member of staff or email your concerns to College's Safeguarding team at wellbeingservice@sgscol.ac.uk

For more information, advice and guidance visit [Ecampus](#)

Other support

Anorexia and Bulimia Care (ABC)

03000 111213

- Parent Helpline: Option 1
- Sufferer Helpline: Option 2
- Self-Harm Helpline: Option 3

B-EAT

0808 801 0677 (Adult Helpline)

0808 801 0711 (Youth Helpline)

Eating Disorder Helpline (Gloucestershire) **01242 634242**

Elefriends

Men Get Eating Disorders Too

Overeaters Anonymous Great Britain

Samaritans

116 123 or email jo@samaritans.org

Student Minds

YoungMinds