ANAD

How do I talk to someone who might have an eating disorder?

Make a plan	Realize and accept the first conversation may not produce a lot of action. It's okay! Focus on making sure the person knows you are there for them.
Remain calm	Express concern using "I" statements such "I am hurt when.." Shame is a part of any eating disorder. It's important not to blame or make assumptions.
Listen	Listen with empathy and care. Be non-judgmental and refrain from trying to immediately "fix" everything.
Suggest help	Suggest help, but don't force it! Resources like ANAD are available to connect people to an eating disorder professional.

What if they don't want help?

When speaking with someone about eating disorders, you may be met with ambivalence, denial or reasons why the person doesn't feel they need or want help. **Try not to be discouraged**, because simply having the conversation can open the door to more communication.

Seek middle ground!

Find the balance between forcing the issue and ignoring it.

Keep listening!

Show the person you care about them, are concerned for them, and want to help.

Learn more at ANAD.org