

Mental health

Eating disorders

Eating disorders are not a choice. All age groups, genders, cultures, and backgrounds can be affected. They can become life threatening. Please contact your provider if you have concerns about an eating disorder.

[Let's Talk About Eating Disorders – National Institute of Mental Health Caregiver Resources | Edtfi](#)

Let's Talk About Eating Disorders
The way we talk about eating disorders matters.
Here are some facts to help you discuss them.

- "Eating disorders are serious and can be fatal."**
Eating disorders often involve serious medical complications that can cause permanent damage or death. People with eating disorders also have an increased risk of dying by suicide.
- "Eating disorders are caused by a variety of factors."**
Several factors can increase a person's risk of developing an eating disorder, including biological, psychological, and social factors. An eating disorder is not a lifestyle choice.
- "Eating disorders can affect anyone."**
Eating disorders do not discriminate. They affect people of all ages, races, ethnicities, and sexes.
- "You can't tell if someone has an eating disorder by looking at them."**
People with eating disorders can be underweight, average weight, or overweight.
- "Family members can be a patient's best ally during treatment."**
Family members can encourage a family member with eating or body image issues to seek help and provide support during treatment.
- "It is possible to recover from an eating disorder."**
Recovery is possible with treatment and time.

 [nimh.nih.gov/eatingdisorders](https://www.nimh.nih.gov/eatingdisorders)
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