

Eating disorders.

Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips



Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

Help for adults

Helpline: 0808 801 0677

Email: help@beat
eatingdisorders.co.uk

Help for young people

Youthline: 0808 801 0711

Email: fyp@beat
eatingdisorders.org.uk

Help for students

Helpline: 0808 801 0811

Email: studentline@beat
eatingdisorders.org.uk

Online support

Visit beateatingdisorders.org.uk for information about eating disorders, message boards, online support groups and one to one chat.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.

 [@BeatEDSupport](https://twitter.com/BeatEDSupport)  [BeatEDSupport](https://www.instagram.com/BeatEDSupport)

General enquiries

Unit 1, Chalk Hill House, 19 Rosary Road, Norwich NR1 1SZ

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 [@beatED](https://twitter.com/beatED)  [beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

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