

# Do I have an Eating Disorder?

**Do you feel that something is not quite right? Do you think you might have an eating disorder?**

Attempting to tackle an eating disorder alone is difficult. It is important to talk to someone you trust as soon as you recognise something is not quite right. This can be scary and it may bring up feelings of embarrassment, guilt or shame.

It is important to remember that you have not done anything wrong. An eating disorder is an illness that needs treatment, just like any other illness. You are doing the right thing by talking about it.



**If you want to talk to someone, a confidential service can help give you early information and advice:**

**The Butterfly Foundation's National Helpline** is for anyone seeking information and support around eating disorders and body image issues.

1800 33 4673  
[www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)  
Email: [support@thebutterflyfoundation.org.au](mailto:support@thebutterflyfoundation.org.au)

**eheadspace** offers support from trained counsellors to help people aged 12-25 years to work through anything bothering them.

[www.eheadspace.org.au](http://www.eheadspace.org.au)

**If you think you might have an eating disorder, ask yourself the following questions.**

Is food dominating your life?

Are you worried about being overweight?

Are you vomiting after you eat or exercising a lot more than other people?

Are you finding yourself hiding food or eating in secret?

Does your weight affect how you feel about yourself?

Do you feel out of control when you eat?

If you answer yes to one or more of these questions, it would be a good idea to seek support as soon as possible.

You can start by talking to a family member or friend, someone from your network, a GP, or contact a trained counsellor via telephone or email.

**Seeking help at the earliest possible point is much better than waiting until the illness has taken over.**