



Living Well
North Tyneside
Supporting Health and Wellbeing

Eating Disorders Awareness Week is an annual campaign aimed at raising awareness, breaking stigma, and increasing understanding of eating disorders. Taking place from **February 24 to March 2, 2025**, this week is an opportunity to challenge misconceptions, share real stories, and promote support for those affected.

Why Eating Disorders Awareness Week Matters

Eating disorders are serious mental health conditions, not simply about food or body image. They can affect anyone, regardless of age, gender, or background, and often develop as a coping mechanism for emotional distress, anxiety, or trauma.

Currently, it is estimated that over 1.25 million people in the UK are living with an eating disorder. Despite this, there is still a lack of awareness, support, and access to treatment for many individuals.

This year's campaign focuses on:

- ✓ Challenging common myths about eating disorders.
- ✓ Encouraging open conversations to reduce stigma.
- ✓ Highlighting the need for better support and treatment options.
- ✓ Signposting individuals to organisations that can help.

What Are Eating Disorders?

Eating disorders are complex conditions that can have physical, emotional, and social consequences. Some of the most common types include:

- **Anorexia Nervosa** – Characterised by restrictive eating, extreme weight loss, and a fear of gaining weight.
- **Bulimia Nervosa** – Involves cycles of binge eating followed by purging behaviours such as vomiting, excessive exercise, or laxative use.
- **Binge Eating Disorder (BED)** – Defined by regular episodes of excessive food consumption, often linked to emotional distress.
- **Other Specified Feeding or Eating Disorders (OSFED)** – A category for eating disorders that do not fit the strict criteria of anorexia, bulimia, or BED but still have serious health implications.

Eating disorders can affect anyone, and they are not always visible—people struggling with these conditions may appear to be of a "healthy" weight but still experience severe distress and health risks.

How to Get Involved in Eating Disorders Awareness Week 2025

1. Learn & Share Information

The first step to tackling eating disorders is education. Challenge harmful stereotypes and spread awareness about the realities of these conditions. Useful ways to do this include:

- Reading real-life stories from those who have experienced an eating disorder.
- Following trusted organisations that provide evidence-based information.
- Using social media to share helpful resources and statistics.

2. Have Open Conversations

Many people suffering from an eating disorder feel isolated and ashamed. Simply talking about these issues can help break down stigma.

- Encourage discussions with friends, family, and colleagues.
- Listen without judgement to those who may be struggling.
- Challenge harmful body image messages in media and everyday conversations.

3. Support Charities & Campaigns

Many charities work tirelessly to provide support, research, and advocacy for those affected by eating disorders. You can help by:

- Donating to eating disorder charities.
- Volunteering your time or skills.
- Writing to your MP to push for improved services and funding for treatment.

4. Know the Signs & Offer Support

If someone you know is struggling, knowing the warning signs can be crucial.

Some signs include:

- ✓ Drastic changes in eating habits (eating too little or too much).
- ✓ Obsessive behaviour around food, calories, or exercise.
- ✓ Avoiding social events involving food.
- ✓ Mood changes, anxiety, or secrecy around eating.
- ✓ Physical symptoms such as fatigue, dizziness, or digestive issues.

If you're concerned about someone, approach them with kindness and understanding rather than judgement. Let them know you're there for them and encourage them to seek professional support.

Support in North Tyneside

If you or someone you know is struggling with an eating disorder, there are local and national organisations that can provide help and guidance.

Local Support

North Tyneside Talking Therapies – Free NHS service offering counselling and support for mental health conditions, including eating disorders.

North Tyneside Mind – Local mental health charity providing support and guidance.

YoungMinds – Support for young people struggling with eating disorders and other mental health issues.

National Support

BEAT Eating Disorders – The UK's leading eating disorder charity, providing a helpline, online support groups, and recovery guidance.

National Centre for Eating Disorders – Specialist treatment and training services.

Anorexia & Bulimia Care (ABC) – Support for individuals and families affected by eating disorders.

Breaking the Stigma

One of the biggest barriers to recovery is stigma and misinformation. Many people assume eating disorders are a choice or only affect certain groups, but the reality is far more complex.

By raising awareness, challenging harmful myths, and advocating for better services, we can create a more supportive environment for those affected.

Remember: Recovery is possible with the right support. If you or someone you love is struggling, don't be afraid to seek help.

Join us this Eating Disorders Awareness Week 2025 to spread the message, encourage open conversations, and ensure that no one has to face an eating disorder alone.

Related Links

- [BEAT Eating Disorders](#)
- [National Centre for Eating Disorders](#)
- [Anorexia & Bulimia Care \(ABC\)](#)
- [North Tyneside Talking Therapies](#)
- [North Tyneside Mind](#)
- [YoungMinds](#)



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