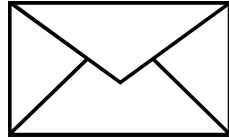




WARNING SIGNS



- ◆ I'm always thinking about food, weight or the way I look
- ◆ I'm ashamed or feel guilty about what I eat
- ◆ I eat in secret or lie about what I have eaten
- ◆ I plan my day around food or ways to avoid food
- ◆ I often over-eat or under-eat and don't control it
- ◆ I try to make up for eating by purging or eating very little
- ◆ I obsess about parts of my body that are "wrong" no matter my size or how much I weigh
- ◆ I exercise or eat less to punish myself for how much I weigh
- ◆ I exercise to lose weight or because I ate too much
- ◆ I call foods "good" and "bad" and feel good or bad depending on which I eat



Youthab
210A Front St
Belleville, ON

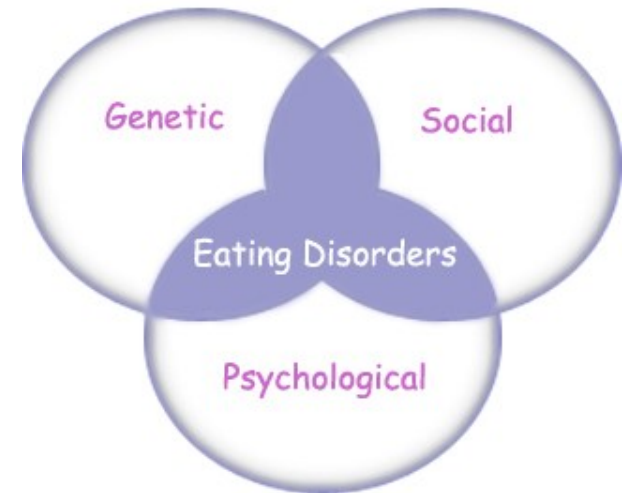


(613) 969-0830



email:
questions@youthab.ca
website
www.youthab.ca

Eating Disorder Services



youthab.
Support. Empower. Connect.

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Support. Empower. Connect.

Anorexia

An eating disorder characterized by refusal to maintain a normal minimal body weight, fear of gaining weight or becoming obese, disturbance of body image, and a strong reliance on body weight or shape for self-evaluation.

Bulimia

An eating disorder that is characterized by extreme overeating (binging) followed by feelings of guilt and measures taken to try to prevent weight gain, such as self-induced vomiting, the use of laxatives, dieting, or fasting.

Binge Eating Disorder

An eating disorder characterized by extreme overeating (binging) without regularly engaging in any inappropriate weight-reducing behaviors (for example, excessive exercise, vomiting, taking laxatives) following the binge episodes.

Body Image

Body image is a person's inner perception of their own body. Body image includes physical appearance, such as weight, height, facial features, physical maturation, race and ethnicity, other diverse body features, as well as abilities.

Self Esteem

A person's overall sense of self-worth or personal value that involves a variety of beliefs about the self, such as the appraisal of one's own appearance, beliefs, emotions and behaviours.

STRUGGLING WITH AN EATING DISORDER AND/OR NEGATIVE BODY IMAGE??

Meeting with a counselor on a one-to-one basis to discuss thoughts and feelings related to weight, body image and stress can assist in recovering from an eating disorder and help prevent the development of eating problems before they begin.



**Need to talk about
thoughts/behaviours
related to food?**

(613) 696 0830

All Services are FREE!!!

Referrals also accepted from family members, counselors, or family physicians...

The age mandate for Youthab's mental health program is 16-24 years of age.