



# Eating disorders: 7 tips for families and supports

## Learn as much as you can

The more you can learn about eating disorders and how to treat them, the better you will be able to understand and help the person you are caring for or supporting.

## Remember who the person is

The person you care for or support is not their illness even though it may affect their sense of identity. Help them to realise there is more to them than their eating disorder.

## Communicate openly

Communicate regularly with the person you are caring for or supporting, encouraging them to express how they are feeling. Listen carefully and avoid judging them.

## Stay positive

Draw attention to the positive attributes of the person you are caring for or supporting. Talk about things they enjoy and are good at and talk about and plan for the future.

## Make time for yourself

Caring for a person living with an eating disorder can be challenging. Prioritise regular time for yourself to restore your energy. This will help you to be better able to support the person you are caring for or supporting.

## Be patient

Recovery takes time, patience and perseverance. It is not always linear. Remember there is no 'quick fix' for an eating disorder.

## Seek support

Seeking professional support can reduce the amount of stress you carry and improve your capacity to care for or support someone living with an eating disorder. You don't need to do it alone.