

Eating Disorder Awareness Week: College

Counselling Blog #10

This week is Eating Disorder Awareness Week (28th February – 6th March 2022), so I thought it would be an appropriate time to take a closer look at Eating Disorders and find out a bit more about them.

The NHS identify an eating disorder “as a mental health condition where people use the control of food to cope with feelings and other situations”.

Eating disorders are devastating mental illnesses affecting 1 in 50 people in the UK ([The UK's Eating Disorder Charity - Beat](#)). This week aims to create awareness around eating disorders, and though we'll shout about it this week, we must remember that eating disorders are something that many people of all ages, cultures and backgrounds face every day of the year.

About Eating Disorders:

An Eating Disorder is a mental health condition where you use the control of your food to cope with feelings and other situations that feel as though they are out of your control. Anyone can experience an Eating Disorder but it seems that teenagers between 13 years and 17 years old are mostly affected; with the right treatment and support, most people can recover.

There are many types of eating disorders. They can range from negative thoughts about weight or body shape, restrictive food intake, excessive exercise, binge eating, countering eating with purging, or a combination of these behaviours. Although the behaviours centre around food, it is important to recognise that the core of the problem is not really about food. Eating disorders can stem from a lack of control in one's life, stress, bereavement, cultural and/or societal pressures, and they are used as a coping mechanism.

People who suffer from eating disorders can't help being ill and should always be approached with compassion and empathy.

Our advice to you if this sounds familiar is to ask for help...don't forget the College Counselling Team are here to support you or check out these useful links:

[National Eating Disorder Association \(NEDA\)](#)



ONLINE CHAT

Monday–Thursday 9am–9pm ET
Friday 9am–5pm ET



CALL

(800) 931-2237

Monday–Thursday 11am–9pm ET
Friday 11am–5pm ET

Translation services are available on the phone.



TEXT

(800) 931-2237

Monday–Thursday 3pm–6pm ET
Friday 1pm–5pm ET

Standard text messaging rates may apply.

[Eating Disorders Helpline | Chat, Call, or Text](#)



[Mental Health Matters](#) runs an online support group:

Share Our Recovery Through Eating Disorders

Every Monday – 4:30pm – 6pm on Zoom

Peer support group for those wanting to start their journey of recovery, this group offers support and guidance from people who have recovered.

Every Sunday – 5pm–7pm on Zoom

Peer support group for those who are at more developed stages of recovery, and continue to use the support and guidance of SORTED.

Ages 17+

Registration required – Email: sorted@mhmwales.org



[Beat Eating Disorders Helpline](#)

Our Helplines are open 365 days a year from 9am–midnight during the week, and 4pm–midnight on weekends and bank holidays.

Sometimes our lines are busy. If you can't get through immediately, please do try again or try our [one-to-one web chat](#).

If you are in need of urgent help for yourself or someone else outside of our Helpline opening hours, please contact 999 or the Samaritans on 116 123 if you or someone else is in immediate danger.

If you need support outside of these hours, we encourage you to email our Helpline staff (details below).

Beat provides Helplines for people of all ages, offering support and information about eating disorders no matter where you are in your journey. Helplines are free to call from all phones.

[0808 801 0433](tel:08088010433)



[Kooth Student](#)