

EQUIP

Eating disorder treatment that works
- delivered at home



Concerned Your Loved
One Might Have
an Eating Disorder?



equip.health/parents

info@equip.health

(855) 387-4378



Is it an Eating Disorder?

Signs to look out for



Around food

- Starting a new diet, including trying to eat “healthy,” “clean,” and “low-carb”
- Avoiding eating with family or in groups
- New interest in cooking without eating the food
- Visiting the bathroom (including showering) immediately after meals
- Rigidity around ingredients, brands, food preparations, or utensils
- Long history of “picky” eating that has gotten worse over time



Medically

- Failure to gain weight or height according to growth curve
- Weight fluctuations (loss or gain)
- Fainting, weakness, and dehydration
- Frequent stomach pain or other gastrointestinal complaints
- Injuries from exercise (e.g. stress fracture)
- Missing or irregular periods (for those menstruating)



Mood

- Flat affect or absence of emotion
- Irritability and mood swings
- Increased rigidity or anxiety



Thinking

- Self-criticism for eating or not exercising
- Ongoing desire for reassurance about physical appearance
- Fears of choking, vomiting, pain, or getting ill after eating



Around activity

- Exercising intensely but without joy
- Driven exercise: exercising while sick or in bad weather conditions



Socially

- Social withdrawal
- Inability to express/describe emotions



Talking to a Loved One About Eating Disorders

Tips for broaching the topic



Before the “talk”

- Research eating disorders through organizations like NEDA, ANAD, FEAST, and Equip
- Think about time and place
 - avoid mealtimes and find a quiet, comfortable place
- Remember your loved one might react defensively or shut down the topic, and it’s still important to have these discussions



What to say

- Ask your loved one if they are comfortable having a chat
- Share specific behaviors and observations that have you concerned
- Validate their emotions and emphasize that you are here to listen and support

Make sure to approach the conversation from a place of curiosity, and avoid language that might seem critical or judgmental

Potential conversation prompts

“I’ve noticed you have started eating dinner more frequently in your room – is there something going on you can share with me?”

“Recently, I’ve noticed that you seem to be more selective about the foods you eat. Do you know why that is?”

“In the past few weeks, I’ve noticed that you’ve been skipping your pre-practice snacks– how’s your energy level?”

“I’ve noticed that you’ve been expressing more concerns about the way your body looks. Can you tell me more?”

Next steps

If any of your loved one’s responses set off the alarm bell, make an appointment with the pediatrician/primary care practitioner or receive a free consultation from [Equip](#) or [Project HEAL](#).



Taking the First Steps Towards Treatment

Questions to consider

With the vast amount of information about ED treatment out there, starting your search can feel overwhelming. To help you hone in on what works best for your family, consider using the questions below to guide your efforts.

- Who are the eating disorder specialists recommended by your child's primary care doctor and/or your health insurance carrier?
- What kind of experience do the treatment professionals have with disorders – how long have they specialized in EDs?
- If the treatment isn't covered by your insurance, what out-of-network benefits are available?
- What role will the family play in the treatment process?
- What are the health impacts of the ED that need to be addressed, and what's the best strategy for treating those?



If you are interested in learning more about eating disorder treatment with Equip, please visit www.equip.health/parents or reach out to our Admissions team at info@equip.health.



Recovery Is Possible and Within Reach

How & where to find additional resources



EQUIP

Equip

Equip offers virtual Family-Based Treatment (FBT) – the most effective evidence-based care for young people with eating disorders – to empower families to help loved ones recover at home.

Learn more about Equip at www.equip.health/parents.



Project Heal

Project HEAL's programs break down systemic, healthcare, and financial barriers that millions of people in the U.S. face when trying to heal from their eating disorder.

Learn more about Project Heal at www.theprojectheal.org.



F.E.A.S.T.

F.E.A.S.T. supports caregivers by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education on eating disorders.

Learn more about F.E.A.S.T. at www.feast-ed.org.

Eating Disorder Family Support Group

Virtual sessions on Thursdays
4:30 PM PT / 7:30 PM ET

Free & open
to the public!



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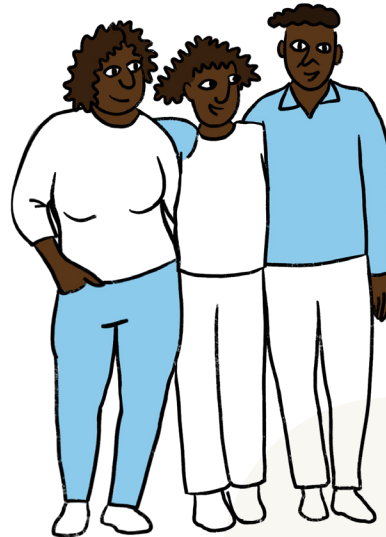
Free Family Support Group

Join us for our weekly Equip Family Support Group!

Every week, Equip clinical team members will lead a candid discussion about the realities of eating disorders, common questions about treatment and recovery, and first-hand advice about recovery as a family.

Learn more & register [here](#).

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Scan the QR code or
visit equip.health/parents
for more resources on eating disorders.