

Eating Disorders



National Awareness

Your Employee Assistance Program and NEDA would like to remind you that **early recognition** is key to the successful treatment of an eating disorder. Too often, signs and symptoms of eating disorders are overlooked as insignificant behaviors, when in fact they are early warning signs that need to be acknowledged and responded to. Take three minutes to complete the confidential online screening for eating disorders below. Eating disorders can be life-threatening illnesses, and early detection of the signs & symptoms of disordered eating and eating disorders increases a person's chance for successful recovery. This tool is not diagnostic, but can help to determine if it is time to seek professional help. It is free and confidential.

<http://screening.mentalhealthscreening.org/NEDA>

After completing the survey, you will have access to a variety of resources, including more information about eating disorders. If you would like to speak to a counselor, your Employee Assistance Program is here to help you. Counselors are available 24/7 to consult with you around any questions you may have regarding your relationship with food, diet, exercise and body image.

Employee Assistance Program

800-451-1834

