

Ten early symptoms of an eating disorder

1. A sudden or increasing interest in excessive exercising
2. Dramatic weight loss
3. Preferring to eat alone, or making excuses not to eat with others
4. Tiredness and inability to concentrate
5. Frequently visiting the bathroom after eating
6. Eating very slowly and cutting food into small pieces
7. Obsessing over food and calories, experiencing guilt for eating something 'bad'
8. Generalised changes to personality and behaviour
9. Lying about weight or having already eaten
10. Wearing baggier clothes to disguise rapid weight loss

Concerned that you or a young person you know may be suffering from an eating disorder? Contact our specialist CAMHS eating disorder services at [Rhodes Wood Hospital](#) or [Potters Bar Clinic](#) for 11-18 year olds: [Sophia Jacques, Relationship Manager](#) 07387 417022 sophia.jacques@elysiumhealthcare.co.uk