Anyone can be impacted by an eating disorder. You are not alone.

Find the right treatment and support by familiarising yourself with eating disorders types.

Anorexia Nervosa

…is an eating disorder where a person keeps their body weight as low as possible. People with anorexia usually do this by restricting the amount of food they eat. They may also make themselves vomit and / or exercising excessively.

Anorexia Nervosa has two main sub-types: Restricting type or Binge/Purging type.

Bulimia Nervosa

… is when an individual will often restrict their food intake, resulting in periods of excessive eating and loss of control (binge eating), after which they compensate, which may be done by making themselves vomit or using laxatives (purging).

Purging is often associated with feelings of guilt, shame, fear of gaining weight. etc.

Binge Eating Disorder

A binge is an episode of excessive eating or drinking. Binges are often planned in advance and the person may buy "special" binge foods. Sometimes, a person will describe being in a "dazed state" during a binge (particularly at night) and are not able to remember what they ate. People who regularly eat this way are likely to have a binge eating disorder.

ARFID

Avoidant/restrictive food intake disorder, more commonly known as ARFID, is a condition characterised by a person who avoids certain foods or types of food entirely and/or restricted in quantity. It is different to other restrictive eating disorders in that it is not affected by body image issues or for the purpose of losing weight and it doesn't always feature other behaviours usually associated with anorexia, bulimia, or OSFED (such as over-exercising).

OSFED

Other Specified Feeding or Eating Disorder (OSFED) may present with many of the symptoms of other eating disorders such as anorexia nervosa, bulimia nervosa or binge eating disorder but will not meet the full criteria for diagnosis of these disorders.