

# Recognizing an eating disorder

Your EAP is here to help



Eating disorders include anorexia, bulimia, and binge eating. These are serious health conditions that can cause dangerous problems, including damage to the heart and kidneys.

If you or a loved one struggles with an eating disorder, your Employee Assistance Program (EAP) offers a wide range of support and resources, available at no extra cost, including:

- Free confidential counseling, in-person or online.
- Articles and tip sheets about eating disorders and healthy eating.
- Tips on how to approach a friend with an eating problem.
- Referrals to support groups and treatment.

These resources can help you recognize the signs of an eating disorder and find the treatment and support that's right for you:

## Professional counseling

Connect with a licensed professional counselor for online or in-person sessions.

## Educational podcasts

Learn more by listening to brief, educational podcasts from our licensed professional counselors.

## Online support

Search for “eating disorders” on the website to read articles that can help you and your loved ones.

**Your EAP is here to help, 24/7**

There are multiple ways to find support:

- Call **1-800-999-7222**.
- Go to **anthemEAP.com**.

