Social Media Campaign Links

Linktree that contains links to all of our social media platforms and additional resources:

https://linktr.ee/edawarenesshosa?fbclid=PADabGMwCG6sNg-hz0NoH3V2sC98z_dKdtUBsDlqmG8heD1Z6MvJ9A09hntAc

Instagram Account:

https://instagram.com/mhs_mentalhealthpromo?igshid=YmMyMTA2M2Y=

TikTok Account:

https://www.tiktok.com/@mhs_mentalhealthpromo?_t=8aghfsjyyti& r=1

Twitter Account:

https://twitter.com/mhs_edawareness?s=21&t=QDHkg2XgnCBGGV7eoWBExA

Telegram Channel (click “Preview channel”):

https://t.me/s/mhs_mentalhealthpromo
**Infographic**

**What Is An Eating Disorder?**
Eating disorders are serious conditions related to persistent eating behaviors that negatively impact your health, your emotions and your ability to function in important areas of life.

**Types of Eating Disorders**
- anorexia nervosa
- bulimia nervosa
- binge-eating disorder

**Common Symptoms of Eating Disorders**
Most eating disorders involve focusing too much on your weight, body shape and food, leading to dangerous eating behaviors. These behaviors can significantly impact your body’s ability to get appropriate nutrition.

**Diagnosing an Eating Disorder**
Doctors use physical and psychological evaluations to diagnose eating disorders. They’ll also make sure you meet the diagnostic criteria for an eating disorder. These criteria are outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

**Eating Disorders**
Teenage girls and young women are more likely than teenage boys and young men to have anorexia or bulimia, but males can have eating disorders, too. Although eating disorders can occur across a broad age range, they often develop in the teens and early 20s.

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**How does this issue impact high school students?**

- **Peer pressure and bullying**
  If a child is feeling social pressure—or is even being bullied—at school because of the way their body looks, they could be at a greater risk of feeling triggered and developing an eating disorder.

- **Sports and athletic activities**
  Additionally, athletes need to adjust their diet to help them perform their best. If students are not educated about proper nutrition, they may accidentally lose weight and develop nutritional deficiencies even while eating a normal diet.

**National Eating Disorders Association (NEDA) Resources**
They can offer support, answer questions, and provide guidance in locating treatment options. The helpline can be accessed in several ways:

- You can call (800) 931-2237 to speak to a volunteer.
- Click to chat for instant messaging option. Live, trained volunteer will respond.
- Crisis situations – text “NEDA” to 741741. A trained volunteer will provide immediate support.

Comic Strip Scenario

1. Aster is ready to eat some pizza.
2. Hey, are you rolling out?
3. I’m going to bake.
4. Ok, I’m not really hungry anyway. I’m going to see the nurse.
5. It’s been a while, I should go check up on her.
6. I wish I could get some time.
7. I’m so sorry you’re going through this, but you are not alone now. I am going to make sure you get the help you deserve.
Reference Page


*When does eating become a problem?: SBM*. Society of Behavioral Medicine. (n.d.). Retrieved January 21, 2023, from https://www.sbm.org/healthy-living/when-does-eating-become-a-problem?gclid=Cj0KCQiAlKmeBhCkARltsAHy7WVuX5oU3LR6g9zUFGuprv4A2WVph1sFW_8asaIDCy95d845AZdBi_X8aAhAIEALw_wcB