

# CONCERNED ABOUT A FRIEND?

Both men and women struggle with unhealthy eating patterns, often as a result of negative or unrealistic views about their bodies. You can help by becoming an informed source of support.

- Learn about eating disorders. Information is available from Campus Dining, Health Promotion and Wellness, Student Counseling Services, and Student Health Services.
- Know your limits. Avoid getting overly involved by trying to offer therapeutic advice.
- Be honest. Talk openly and honestly about your concerns with the person who is struggling. Be caring, yet firm when discussing body issues.
- Offer encouragement. Support and understanding are keys to restoring health.
- Be a good role model in regard to sensible eating, exercise, and self-acceptance.
- Tell someone you are concerned. Seeking advice from a professional offers your friend the best chance to work through issues and become healthy again.

For more information, visit [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org).

**Wellness.IllinoisState.edu**

If you would like a copy of this publication for use in your department, contact Health Promotion and Wellness at (309) 438-WELL (9355), or print from our Toilet Talk archives at [Wellness.IllinoisState.edu](http://Wellness.IllinoisState.edu).



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