A PAUSE, A PRACTICE, A NEXT STEP

Anorexia Nervosa

Take food and body concerns seriously.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Who could you tell today?

Choose a trusted person or your healthcare team. You might ask them to sit with you while you call.

01 / Notice and reflect

Who could you tell today?

02 / Notice and reflect

What do you want the clinic to know?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact a healthcare professional promptly. Get urgent medical care for fainting, chest pain, or a racing or irregular heartbeat.

Read more: National Institute of Mental Health · Eating disorders

More tools and immediate support: Our Healing Room / Crisis Support.