

It's not
a faddy
diet

It's not
a lifestyle
choice

It's not
a phase

It's not
just women

IT'S NOT JUST A
TEENAGE THING

It's not
forever

PEOPLE CAN AND DO RECOVER
FROM EATING DISORDERS

NO JUDGEMENT. JUST CONFIDENTIAL SUPPORT.

LO CALL 1890 200 444

Email Support: alex@bodywhys.ie

Text the word 'support' to 53305 for details of our services.

BODYWHYS.ie

The Eating Disorders Association of Ireland