



# Living Well North Tyneside

Supporting Health and Wellbeing

From February 25th to March 2nd, communities worldwide join hands for Eating Disorder Awareness Week. Beyond a mere mark on the calendar, it's a call to action, rallying individuals to challenge misconceptions and offer support to those affected by these complex mental illnesses.

## **The Essence of Eating Disorder Awareness Week:**

Eating Disorder Awareness Week isn't just a campaign; it's a movement. Globally organised, it aims to break the silence surrounding eating disorders, providing a platform for survivors to share their stories and encouraging communities to unite against these pervasive illnesses. These days symbolise a collective effort for change, striving for a world where individuals find freedom from the grips of eating disorders.

## **Objectives of Eating Disorder Awareness Week:**

**Raise Global Awareness:** Central to this initiative is the mission to raise global awareness about the prevalence and impact of eating disorders. Through media, education, and community engagement, Eating Disorder Awareness Week aims to dispel myths and shed light on the realities of these illnesses.

**Empower Survivors to Speak Out:** The week empowers survivors to break their silence. By offering platforms for their voices to be heard, it fosters an environment of support and understanding, showing survivors that they are not alone and their stories matter.

**Mobilise Communities for Change:** The call for action extends to entire communities. Eating Disorder Awareness Week encourages unity against these illnesses, fostering a culture of support and zero tolerance towards stigmatisation.

**Advocate for Policy and Support Changes:** Beyond awareness, the initiative seeks tangible change. Advocacy for policy and support reforms aims to strengthen systems that protect individuals, prosecute offenders, and prevent eating disorders at their core.

## **How to Participate in Eating Disorder Awareness Week:**

**Educate Yourself and Others:** Take time to understand the various facets of eating disorders and their impact. Share this knowledge with others to foster understanding and dispel misconceptions.

**Amplify Voices on Social Media:** Utilise social media platforms to amplify the voices of survivors and the messages of Eating Disorder Awareness Week. Share educational resources and survivor stories to broaden the initiative's reach.

**Support Local Initiatives:** Engage in local events and initiatives organised during the week. Support organisations working to address eating disorders through volunteering or donations.

**Advocate for Change:** Use your voice to advocate for policy changes at local and national levels. Support campaigns calling for improved support systems and increased funding for initiatives addressing eating disorders.

Eating Disorder Awareness Week is a collective effort to break the silence surrounding these illnesses. By actively participating, we contribute to a movement that envisions a world where individuals affected by eating disorders find understanding, support, and hope. Let's stand together, amplify voices, and work towards a future where everyone can thrive.

## **Related Links**

- [Beat Eating Disorders](#)



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