

## TIP 1

### REMOVE THE STIGMA

Remind your loved one that they're not weak for experiencing an eating disorder. There is no shame in accepting help. Most importantly, remind them they are not alone.

**HOPE'S**  
Eating Disorders Support

## TIP 2

### USE "I" STATEMENTS

Don't use accusatory statements like "You're eating too little/ too much". Voice your concerns in a sympathetic manner. Try this instead: "I'm worried about you skipping meals."

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## TIP 3

### PRIVACY MATTERS

Make sure you are not being confrontational in public. It can be especially distressing if they are in denial. Communication should be open, honest, and done in private.

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