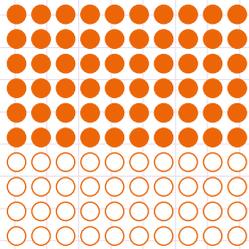


# Fact Sheet

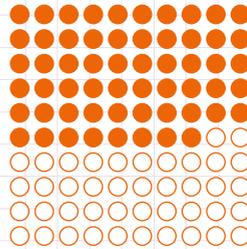
**We know that early treatment saves lives, and that going to the GP is the first step in getting support for an eating disorder.**

But in a survey of 1,700 people with experience of an eating disorder:



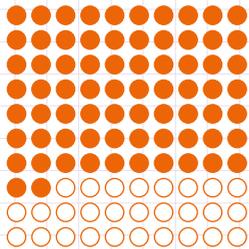
**60%**

felt they'd had poor care from their GP.



**58%**

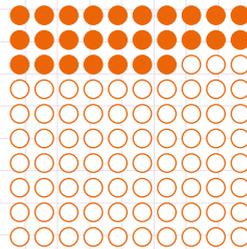
felt that their GP didn't understand eating disorders.



Of those who'd asked a GP for help,

**72%**

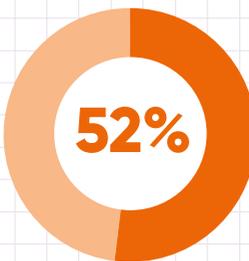
had waited more than six months to do so.



**27%**

of respondents hadn't been to the GP at all.

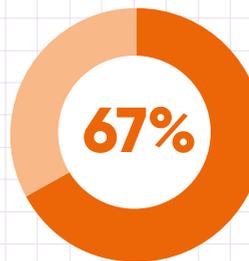
## What difference would better training make?



**52%**

Over half of participants – 52% – said they would have been more encouraged to seek help if they'd

been more confident that the healthcare professionals they spoke to were able to support them.



**67%**

And 67% of respondents felt that some of the early warning signs were missed. If GPs know

what to look for, they can ask the important questions and refer people with eating disorders for treatment much sooner.

# The Difference Your Fundraising Makes

**Each year we support tens of thousands of people and their loved ones on their journeys towards recovery from an eating disorder. Your donations and fundraising efforts make this possible – we simply couldn't do it without you.**

Thanks to you, anyone who is worried about themselves or a loved one can contact our Helpline services 365 days a year, so no one has to face an eating disorder alone.

Thanks to you, going to the doctor about eating disorder symptoms isn't so scary because people know that help and recovery is possible.

Thanks to you, family members and friends know how to support their loved one's recovery and can receive support themselves.

**£25** could help pay for information and posters to be displayed in schools and universities.

**£48** could help us answer three telephone calls to support those reaching out to speak about their eating disorder for the very first time.

**£140** could help us host ten of our online support groups, providing a friendly, safe and welcoming space where people can chat with others who understand what they're going through.