



Education. Understanding. Action.

# Eating Disorders

## Safety, Crisis Readiness and Other Essential Information for Caregivers

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Are you a caregiver to an individual with an Eating Disorder (ED), or concerned that an individual may have an Eating Disorder?

As a caregiver, you may not know that Eating Disorders have the 2nd highest mortality rate of any mental illness, estimated at **10 -15%**, (second only to opioid overdose).

Other known risks with an ED can include self-harm, heart failure, suicidal behaviours and other medical and mental health-related symptoms.

**Use this resource to find information and suggestions on what to do if:**

1

The individual with an ED is in a crisis situation and you are unsure what to do

2

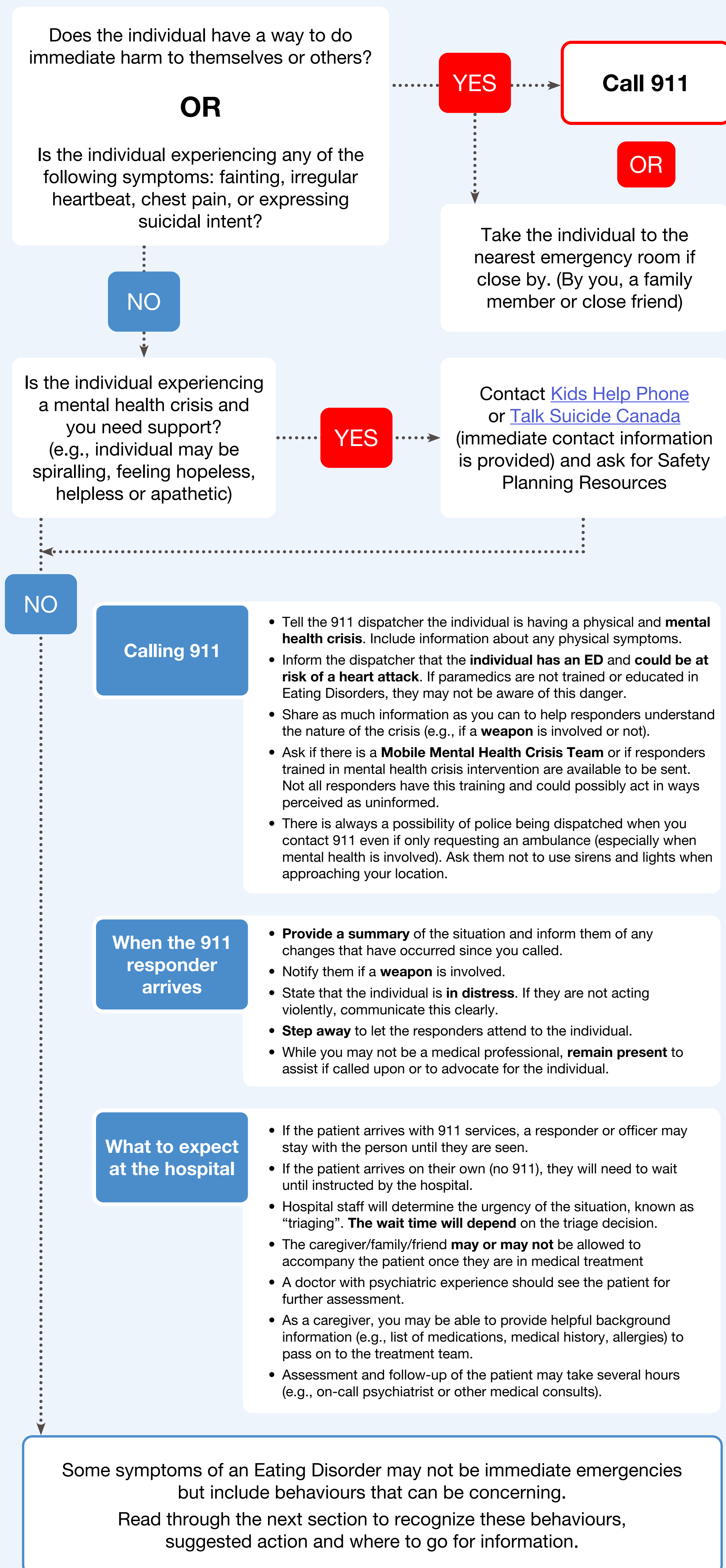
You notice behaviours in the individual that concern you or you suspect an ED

3

You are seeking further information on topics related to EDs such as home environment safety, seeking medical help, or wanting to learn more about Eating Disorders and helping adults, youth, and children

**This information is a suggested resource only. NIED does not offer clinical care, clinical services or medical advice.**

# I have an emergency situation / immediate crisis. What should I do?



**\*Suggested actions only. At any point in a crisis, if you feel you must call 911, do so immediately.**

# I don't have an immediate emergency, but I notice behaviours of an individual that concern me. What can I do?



## The section below provides resources on other common topics for caregivers seeking resources.

I want to know more about making my home environment safe and supportive for recovery.

[Tips for a Home Environment to Help Recovery](#)  
[Dealing with Violence in the Home - What Can be Done](#)

I want to know more about finding and talking to a medical professional and about advocating for an individual with an Eating Disorder.

[Looking for Professional Help - Tips](#)  
[Guide to Discussing Concerns with Your Child's Primary Care Provider](#)  
[Parents Survive to Thrive Guide](#)  
[What to Advocate for in Treatment](#)

I want to know more about Eating Disorders.

[National Initiative for Eating Disorders - Immediate/Crisis Support](#)  
[National Eating Disorder Information Center - General Information](#)  
[Eating Disorders Information](#)  
[Help for Yourself](#)  
[Help for Someone Else](#)  
[Parents Survive to Thrive Guide](#)  
[A Guide for When a Family Member Has an ED](#)  
[Helping 2SLGBTQ+ Individuals with an ED](#)  
[Eating Disorders in Boys and Men](#)  
[Information on ED Treatments](#)  
[Importance of Early Identification Intervention for EDs](#)  
[Guide for Parents or Caregivers: ED Medical Complications](#)