

## Eating Disorders

### How others have felt

*"People thought I was popular and together, but I knew I wasn't. I felt like a fake. I thought that people wouldn't like me if they knew what I was really like."*



*"I spent all my time thinking about food. I even woke at night thinking about it."*



*"Hang in there. Believe in yourself. ASK for help and you will begin to see the light at the end of the tunnel."*



*"It can help to talk things through, and come up with ideas and options together."*



## VOLUNTEERS NEEDED

**Tel: 01494 793223**

[support@eatingdisorderssupport.co.uk](mailto:support@eatingdisorderssupport.co.uk)

## Amersham Self Help Group

### When and where are the meetings held?

1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month  
7.15pm for 7.30pm – 9.00pm  
at

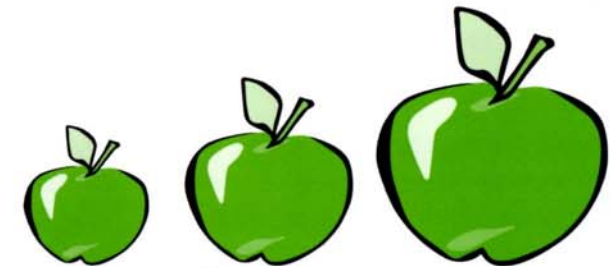
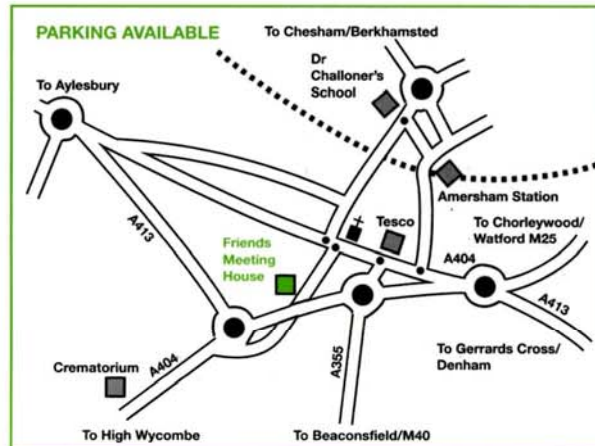
Amersham Friends Meeting House,  
Whielden Street, Amersham,  
Buckinghamshire, HP7 0JB

### What are the meetings like?

The meetings are a supportive place for free exchange of information, experiences and feelings about eating problems. They are completely confidential and open to all. Whether you are a sufferer or someone supporting a sufferer, you can just turn up.

**For more information – Tel: 01494 793223**

### How to find Amersham Friends Meeting House



**eating disorders support**

## Information about Eating Disorders

**eating disorders support**

**Tel: 01494 793223**

[support@eatingdisorderssupport.co.uk](mailto:support@eatingdisorderssupport.co.uk)  
[www.eatingdisorderssupport.co.uk](http://www.eatingdisorderssupport.co.uk)

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