**Eating Disorders**

| **I can help myself by…** | **I can help others by..** | **Professionals to contact** |
| --- | --- | --- |
| Not applicable | Using positive statements | Neurologist |
| Follow the dr. says | Keeping meal time as stress-free as possible | Psycho therapist |
| Finding good information and Sharing facts | Dietitian and nutritionist |
| Mental health professional |