



Sock it to eating disorders

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Testimonial

My name is Emma. I'm a hardworking, thoughtful and open-minded young woman. I like helping people, laughing with my friends, spending quality time with my family and playing with my little dog. I'm also a young woman whose life has been completely upended by anorexia. This disease has tremendous control over me and keeps isolated. I don't laugh as much anymore; I spend most of my time alone and I'm constantly battling self-destructive thoughts related to my anorexia. I feel very misunderstood and alone in my struggle. I feel like I'm carrying a massive load on my shoulders, day after day, that is crushing me physically and psychologically. Food anxieties and self-hatred permeate my daily life. Like a hard-driving noise that never fades into the background, my mind doesn't let me rest. With all the taboos and preconceptions about eating disorders, those who suffer from them often feel judged and alienated facing a hard reality. Despite my extraordinary family and friends, who offer so much unconditional love and support, I shut myself off because I don't believe they can understand my suffering and the constant obstacles anorexia places in my path. I've been suffering from this oppressive illness since I was 13 years old, and I'm 20 now. It's been a rocky road, and I've been hospitalized repeatedly and tried many different treatments. Through all these intensive therapies, what has given the most comfort and hope is being heard by people who understand the complexity of the problem. ANEB is unique in that the members of the ANEB team are so compassionate, so ready to listen without judgement. Not only does ANEB provide support for young people with eating disorders, it also helps break the isolation by increasing public awareness of the difficult reality of eating disorders. A resource like this is crucial to help those who find themselves alone facing this difficult challenge. Eating disorders are serious, debilitating illnesses that take hold of those who have them. But rediscovery of joy in life is possible. To all of you suffering in silence, I know you have the courage and resilience to make your way out. I encourage you to seek the help you deserve.

-Emma