GUYS GET EATING DISORDERS TOO

While eating disorders are often portrayed as illnesses that only affect females, up to a quarter of people with an eating disorder are MALE.

“Over-exercising and extreme pursuit of muscle growth are often seen as healthy behaviours for males. Actually they can indicate a significant disorder and can lead to severe health issues.”

FALSE MESSAGES

Males are often exposed to cultural messages that can increase their vulnerability towards developing an eating disorder.

These messages do not reflect the reality of mental and physical health in males.

You are what you look like

MALES SHOULD ONLY HAVE ONE BODY TYPE
Males need to be in control
Eating disorders aren’t masculine

Getting Help

If you suspect you or someone you know has an Eating Disorder, seek help immediately. Find help in your area by visiting: www.nedc.com.au/helplines

Is it possible for a male to recover from an eating disorder?

Evidence shows the sooner anyone starts treatment for an eating disorder, the shorter the recovery process.

YES


The National Eating Disorders Collaboration (NEDC) is an initiative of the Australian Government Department of Health.