



FEATURING: Dr Michael Carr-Gregg



Eating Disorders

## EATING DISORDERS

Understanding an eating disorder can be difficult for families.

There are many myths around what causes an eating disorder, but it is actually diagnosed as a mental illness. Although the focus is on food, weight and shape, there is often an underlying issue being masked by the eating disorder. It is the biggest killer of any psychiatric illness for young people. It affects both males and females of any age or background.

An eating disorder is a serious and potentially life-threatening mental health illness. It can have significant physical and emotional effects. The beginning of adolescence and late teens are peak periods for kids to experience their first symptoms. Young people with eating disorders can have reductions in cognitive function, emotional changes and may even stop participating in their normal daily activities.

In this edition of SchoolTV, parents will learn what warning signs to look for and what can be done in the prevention of an eating disorder. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If you have any concerns about your child, please contact the School Counsellors for further information.

Here is the link to this month's edition <http://thac.nsw.schooltv.me/newsletter/eating-disorders>

*Source: SchoolTV*

**Jacoline Petersen**

College Counsellor

---