



## Getting Help for Eating Disorders

An estimated 29 million Americans will have an eating disorder, such as Anorexia, Bulimia, and Binge-Eating, at some point in their lives. Early detection and prompt treatment are vital.

Your Employee Assistance Program (EAP) can help. It offers:

- Resources and assistance
- Help finding treatment
- Support along the way

Your EAP is confidential, customized for your needs, and available at no cost to you.