



Personal Development

Guide

Bulimia

Facts

Bulimia (bulimia nervosa) is an eating disorder and a serious mental health condition. It can affect anyone. Recovery is possible, although treatment can take time.

The main signs of bulimia are:

- Binge eating (losing control over how much you eat in a short period)
- Purging to get rid of food — such as vomiting, using laxatives or diuretics, or avoiding food for long periods

Other common signs are:

- Fear of gaining weight and being overly critical of body shape
- Excessive exercise
- Mood changes (irritability, anxiety, depression)
- Constant thoughts about food and planning binges
- Guilt, shame, and secrecy around eating
- Avoiding social situations involving food
- Feeling out of control around eating
- Tiredness and sleep problems
- Weakness or dizziness
- Sore throat from vomiting
- Puffy cheeks from swollen glands
- Bloating or stomach pain
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For more information and advice, visit – <https://www.nhs.uk/mental-health/conditions/bulimia/>

Support Available

Local GP

NHS 111

Beat Eating Disorders – 0808 801 0677

Mind – <https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/treatment-and-support/>

Samaritans – 116 123