The Center for Eating Disorders
AT SHEPPARD PRATT
CAMPAIGN BACKGROUND

Why
Because eating disorders cause significant distress, have the highest mortality rate of any mental illness, and are drastically underdiagnosed and undertreated, The Center for Eating Disorders at Sheppard Pratt launched the Let’s Check In campaign in April 2017. The campaign aims to educate friends and family members about the warning signs of eating disorders and prepare them to have important conversations that can lead to treatment and recovery. It’s also an opportunity for those who are experiencing eating disorder symptoms themselves to be empowered around seeking support and treatment.

Each individual and every situation will be different, so the campaign lays the groundwork for more informed, casual and effective conversations – no matter how they start. Seeking help for a loved one can feel overwhelming, so Let’s Check In provides insight and information to help anyone become part of a strong support system or to ask for the help they need.

Who
Eating disorders can affect anyone regardless of age, gender, socioeconomic status or race. Anyone with a close personal or working relationship to someone who might be struggling with an eating disorder – be it a family member, friend, advisor or coach – can equip themselves to check in and offer support.

What
The Center offers resources to guide check-in conversations, including a fact sheet, videos, social media posts and an easily accessible Online Assessment tool (www.eatingdisorder.org/assess) that can help identify signs of eating disorders and suggest next steps. The Center’s specialists are also available to assist and answer any questions along the way.

The videos created for the Let’s Check In campaign highlight opportunities to start important conversations and show some of the ways disordered thinking can affect individuals. Fliers, a fact sheet, conversation tips and other materials are available for reference and sharing within any community.

Where
The Center for Eating Disorders at Sheppard Pratt is located in Towson, Maryland, but the Let’s Check In campaign is relevant for any location, thanks to the accessibility of the Online Assessment.

When
It’s up to each individual to choose the right time for a check-in conversation, so the Let’s Check In campaign is an evergreen initiative that will serve as a reminder to stay informed and alert for the signs of an eating disorder and empower loved ones to seek treatment and recovery.

Visit www.eatingdisorder.org to learn more about eating disorders, their diagnosis and treatment options or contact us at (410) 943-2121.