



A psychologist could help me.....

- Learn strategies to manage my worry and anxiety
- Manage unhelpful and negative thought patterns
- Develop strategies to manage difficult or overwhelming emotional states
- Understand better how the eating disorder might be affecting my child/sibling/friend's thoughts and behavior
- Learn strategies to manage depression
- Alleviate sleep disturbance
- Learn communication skills to have my needs met and manage conflict with my child/sibling/friend better
- Learn how to best support my child/friend/sibling
- Learn relaxation, breathing and mindfulness techniques to keep myself calm, healthy and balanced