

Getting help with eating disorders

Part of Beacon Health Options, all Montgomery County employees have access to Achieve Solutions, a wellness-centered website. The employee assistance program (EAP) helps resolve problems before they negatively affect your health, relationships with others, or job performance.

Visit achievesolutions.net/mcoho

Anorexia: What is it?

Anorexia is a severe eating disorder that affects mostly teen girls and young women. It involves a strict limit of food intake which slowly starves the body.

[Read more](#)

Bulimia: What is it?

People with bulimia eat large amounts of food in a short period of time, then try to rid themselves of the food to not gain weight

[Read more](#)

Helping a loved one with binge-eating disorder

"Helpless to help" is how you might feel if you have an adult friend or family member struggling with binge-eating disorder (BED).

[Read more](#)

Understanding eating disorders in children and teens

Signs of eating disorders include: odd eating habits, limiting food intake, bingeing and purging.

[Read more](#)

