



Maa-baap ki guide

✿ KHAANA AUR KHAANE KI AADATEIN

Jab aapka bachcha khaane se joojh raha ho

Maa-baap ki guide jab teenage bachcha khaane se darne, khaana chhupaane ya patle shareer ke peeche bhaagne lage: ghar ke shaant, sthir kadam jo minnaton se zyaada madad karte hain.

Yeh kiske liye hai: un maa-baap ke liye jinka teenage bachcha khaane, khaane ki aadaton, wajan ya apne shareer ko lekar joojh raha hai, doctor ne abhi kuch kaha ho ya nahi.

Hawale: NICE, Royal College of Psychiatrists, NHS, aur peer-reviewed shodh.

Bhashayein: English, Hindi, Marathi, aur Kannada.

weave.clinic/family par muft padhiye

1

✿ KYA YEH AAPKA BACHCHA HAI

Khaane ko lekar kuch badal gaya hai

✿ CHHOTA SA SAAR

Agar aapka teenage bachcha khaane se darne laga hai, khaana chhodne laga hai, ya jo khaata hai use chhupaane laga hai, to aap zaroorat se zyada nahi soch rahe. Ise gambheerta se lena theek hai. Ismein kisi ki galti nahi hai, aur aap bahut madad kar sakte hain.

Shayad yeh chhoti-si baat se shuru hua ho. Raat ke khaane mein usne chaawal lena band kar diya. Phir mithaai chhod di, aur uska tiffin bhara ka bhara ghar lautne laga. Ab woh apne kamre mein akele khaati hai, ya kehti hai ki saheli ke ghar kha liya. Poochne par woh jhalla uthti hai, ya bilkul chup ho jaati hai.

Chinta waale badlaav aksar sabse pehle maa-baap ko hi dikhte hain. Ho sakta hai aapka bachcha bahut kam khaaye, ya khaane ke bahut sakht niyam bana le. Woh doosron ke saath khaane se, ya aise ghoomne-phirne se bach sakta hai jismein khaana shaamil ho. Kuch bachche bahut zyada kasrat karte hain, khaane ke baad baar-baar bathroom jaate hain, ya bahut saara khaana bahut tezi se kha lete hain. Khaane ya wajan ki baat par woh chhupaane lage aur apna bachaav karne lage, aisa bhi ho sakta hai. Khaane mein aisa badlaav jo aapko chinta mein daale, dhyaan se dekhne ki wajah hai, intezaar karne ki nahi.

Doctoron ke paas in pattern ke naam hain. Inmein se koi aapke bachche par baithta hai ya nahi, yeh sirf ek doctor hi bata sakte hain. Yeh kitaab aapke bachche par koi label nahi lagayegi. Yeh aapko yeh dekhne mein madad karegi ki kya ho raha hai, aur aisa jawab dene mein jo sach mein madad kare.

Har size

kisi bhi wajan par ek teenage bachcha
gambheer roop se beemar ho sakta hai

Kisi ka shareer dekhkar aap yeh nahi bata sakte ki woh kitna beemar hai. Isiliye doctor ki jaanch zaroori hai.



Khaane ki mez par Kavita, Riya ki thaali ko dekhte hue, aur na dekhne ki koshish karte hue.

Kavita ki beti Riya 15 saal ki hai aur dasvi mein padhti hai. Woh hoshiyaar hai, har kaam dhyaan se karti hai, aur khud par bahut sakht hai. Kuch maheene pehle ek cousin ne uske gol gaalon ka mazaak udaaya tha. Riya ne "healthy khaana" shuru kiya, aur shuru mein sabne uski taareef ki. Ab woh apni chapati ke chhote-chhote tukde karti hai aur unhein thaali mein idhar-udhar khiskaati rehti hai. Woh har raat chhat par daudti hai, tab bhi jab woh thakkar choor ho. Uski daadi kehti hain ki woh bas nakhre kar rahi hai. Kavita raat bhar jaagti hai aur sochti hai ki usse kya chhoot gaya.

Usse aisa kuch nahi chhoota jo ek pyaar karne wale maa-baap ko pakad lena chahiye tha. Kavita jo dekh rahi hai, uska ek pattern hai: khaane ko lekar dar, naye niyam, chhupaana, aur badalta hua shareer. Yeh pattern jaldi hi doctor ko dikhaane ki wajah hai. Yeh sharm ki wajah nahi hai, aur na hi aisi cheez jiske apne aap guzar jaane ka intezaar kiya jaaye.

● YEH KARKE DEKHEIN

Agle kuch din bas gaur kijiye aur likhte jaiye. Kaun-si cheezein khaane se hat gayi hain? Kaun-se khaane ka waqt sabse mushkil hota hai? Aapka bachcha khaane ya apne shareer ke baare mein kya kehta hai? Abhi behes mat kijiye, na tokiye. Ek chhota-sa likha hua byora doctor ke kaam aayega.

2

✿ YEH ASAL MEIN KYA HAI

Na dikhaava, na koi daur

✿ CHHOTA SA SAAR

Khaane ke saath mushkil rishta mann ki sehat ki ek asli samasya hai, aur ise dekhbhaal chahiye. Yeh kisi ko bhi ho sakta hai, ladkiyon ko bhi aur ladkon ko bhi. Bahut se maa-baap khud ko doshi maante hain, par achcha ilaaj parivaar par dosh nahi daalta.

Aapka bachcha bhaavnaon aur doosri mushkil haalaat se joojhne ke liye khaane par kaabu ka sahaara lena laga hai. Andar se yeh bahut daraawna ho sakta hai. Visheshagya bataate hain ki ismein dara dene wale, zabardasti ghus aane wale khayaal aate hain, aur khaane ke waqt ki bechaini bahut hi zyaada ho sakti hai.

Jab aapka bachcha mez par aapse ladta hai, to uske peeche chhupe dar ko dekhne ki koshish kijiye.

Iski theek-theek wajah pata nahi hai. Kuch cheezein iski sambhaavna badhaati hain, jaise ghabrahat, har cheez perfect karne ki dhun, aur khud ko kam aankna. Parivaar mein khaane se judi pareshaaniyon, udaasi, ya nashe aur sharab ke istemaal ka itihaas bhi ismein bhoomika nibha sakta hai. Patla dikhne ka dabaav bhi. Aap ise akele theek nahi kar sakte. Par aap bahut madad kar sakte hain.



*Maine apni beti se ladna chhod diya.
Main beemari ke khilaaf, uske bagal
mein khadi hone lagi.*

Kavita, 15 saal ki Riya ki maa

Ladkon ko bhi yeh hota hai. Iska khatra teenage ke saalon mein sabse zyaada hota hai, ladkon aur ladkiyon dono ke liye. Doctoron ko salaah di jaati hai ki ve ladkon se bhaari training aur kasrat ke baare mein poochein. Isliye khaane ke niyamon ke saath-saath kasrat ke niyamon par bhi nazar rakhiye. Agar ye aapke bete ki zindagi par haavi ho rahe hain, to ise utni hi gambheerta se lijiye jitni beti ke liye lete.

Humare kai gharon mein faisla jhat se suna diya jaata hai. Woh bas nakhre kar rahi hai. Use filmi hero jaisa dikhna hai. Bhookh lagegi to kha legi. Log kya kahenge? Ye baatein bhaari hain, aur ye galat hain. Aapka bachcha zid nahi kar raha. Woh beemar hai, aur ilaaj se zyaadatar log theek ho sakte hain.

Aur jaanna chahein to ^

Jab aap dare hue hon, to daantne, laalach dene aur minnatein karne se khud ko rokna mushkil hota hai. Par parivaaron ke liye bani guidance aagaah karti hai ki gussa aur nuktacheeni dikhaane se haalaat aur bigadne ki sambhaavna rehti hai. Iska yeh matlab nahi ki aap peeche hat jaayein. Iska matlab hai ki aap team ke saath milkar kaam karein, aur apni taaqat beemari ke khilaaf lagaayein, apne bachche ke khilaaf nahi. Aage ke hisse bataate hain ki yeh kaise karna hai.

● YEH KARKE DEKHEIN

Agli baar jab mez par aapko gussa aaye, to apna khayaal badalkar dekhiye. "Woh yeh humare saath kar rahi hai" ki jagah sochiye, "Abhi beemari use dara rahi hai." Gaur kijiye ki kya aapki aawaaz naram padti hai.

3

✿ SABSE ZYAADA KYA MADAD KARTA HAI

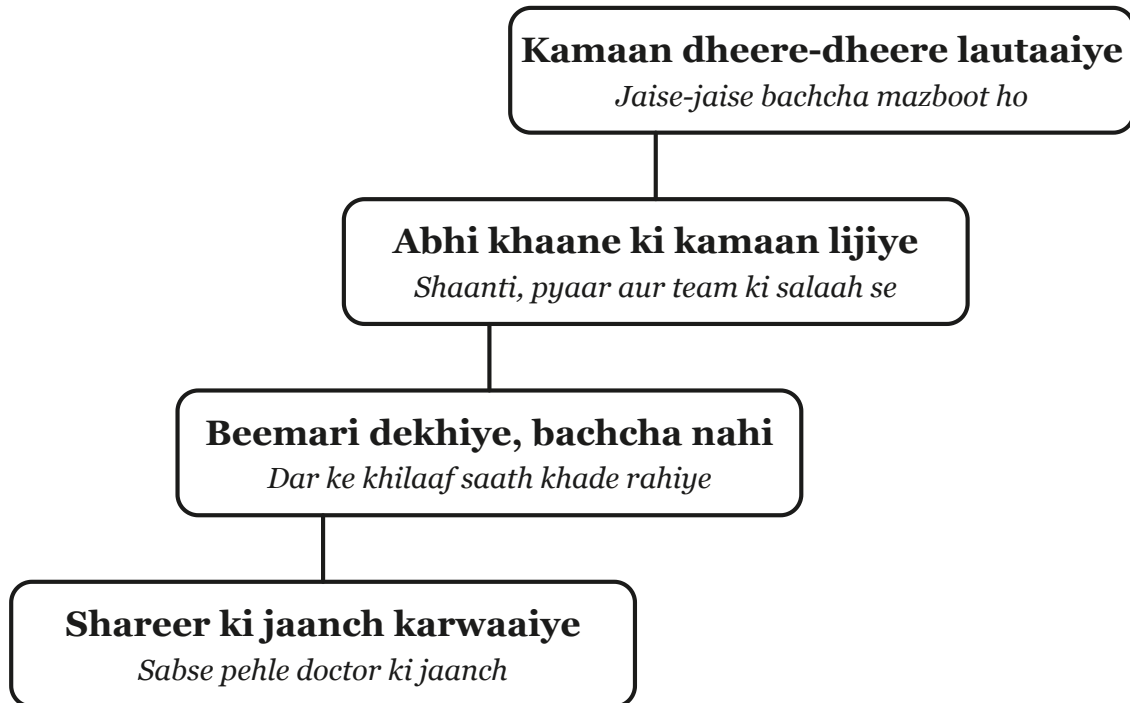
Maa-baap ilaaj ka hissa hain

✿ CHHOTA SA SAAR

Kam umar ke bachchon ke liye, guidelines doctoron se kehti hain ki ve khaane ki pareshaani par dhyaan dene waali family therapy dene ki peshkash karein, ya us par vichaar karein. Shuruaat mein team aapko sahaara deti hai taaki aap apne bachche ke khaane mein ek mukhya bhoomika nibha sakein. Baad mein, aapka bachcha dheere-dheere yeh kamaan waapas apne haath mein le leta hai.

Bahut se maa-baap sochte hain ki doctor unke bachche ko le jaayenge aur ise theek kar denge. Par asal mein, kam umar ke bachchon ke liye guidelines jo madad sabse pehle sujhaati hain, woh parivaar ke zariye kaam karti hai. Iska jo naam aap sun sakte hain, woh hai family-based treatment, yaani parivaar ke saath milkar hone wala ilaaj. Kai maheenon tak ek clinician aapke bachche aur parivaar se milte hain, kabhi saath mein aur kabhi alag-alag. Bahut kam khaane wale teenage bachchon ke saath hui ek study mein dono tareekon se madad mili. Par baad ki jaanchon mein, akele ki therapy ke muqaable parivaar ke saath milkar hone wale ilaaj se zyaada bachche poori tarah theek ho chuke the.

Samasya aap nahi hain. Aap apne bachche ke theek hone mein saajhedaar hain.



Aam khaane tak lautne ki ek seedhi. Har kadam team ki salaah se, aapke bachche ki raftaar se uthaaya jaata hai, kabhi akele nahi.

Pehle shareer ki jaanch karwaiye, taaki aapko pata rahe ki aapka bachcha surakshit hai.

Beemari ko dekhiye, bachche ko nahi, aur dar ke khilaaf saath khade rahiye.

Abhi ke liye khaane ki kamaan sambhaaliye, shaanti aur pyaar se, jaise team bataaye.

Jaise-jaise aapka bachcha mazboot ho, kamaan dheere-dheere use lautaiye.

Shuruaat mein team aapki madad karti hai taaki aap apne bachche ke khaane mein ek mukhya bhoomika nibha sakein. Bachche ko khaana khaane mein madad karna parvarish ka koi roz ka hunar nahi hai. Team khaane ki yojna banaane mein, aur khaane ke waqt ki bechaini sambhaalne mein, aapka bharosa badhaane mein madad karti hai. Yeh bhoomika bas kuch samay ke liye hai. Yeh koi saza nahi hai, aur yeh hamesha ke liye nahi hai.

Jaise-jaise aapka bachcha mazboot hota hai, team uski umar ke hisaab se sahi raftaar par use apni aazaadi waapas paane mein madad karti hai. Aakhri padaav mein ilaaj ke baad ki zindagi ki, aur theek bane rehne ki, yojna banaayi jaati hai. Theek hone mein waqt lag sakta hai, aur yeh har kisi ke liye alag dikhta hai. Ek mushkil hafta bas ek jhatka hai, aage badhne ka ant nahi.

Khaane ko akele theek karne ki koshish mat kijiye. Team ke saath milkar kaam kijiye, aur woh jo badlaav sujhaaye, wahi kijiye. Lambe samay tak bahut kam khaane ke baad khaana bahut tezi se dobara badhaane mein shareer ke liye khatre hote hain. Isliye yeh kaam ek medical team ki dekhrekh mein hota hai. Team niyamat roop se shareer ki jaanch bhi karegi. Aap pyaar aur thehraav laate hain. Ve योजना laate hain.

Aur jaanna chahein to ^

Aap ek ya do chhote badlaavon se shuruaat kar sakte hain. Kuch parivaaron ko lagta hai ki tay samay par saath baithkar khaana ek achcha pehla kadam hai. Mez par baatcheet halki rakhne ki koshish kijiye, aur doosri baaton ke baare mein. Agar aapka bachcha pareshaan ho jaaye, to shaant rehne aur baithe rehne ki koshish kijiye. Aapko behes jeetne ki zaroorat nahi hai. Team ne jo sikhaaya hai, wahi kijiye.

YAAD RAKHIYE

Aap apne bachche se nahi lad rahe. Aap beemari se lad rahe hain, uske saath kandhe se kandha milaakar. Agar madad mile to ise zor se kahiye: "Mujhe pata hai ki yeh dar bol raha hai. Mujhe tumse pyaar hai, aur main yahin hoon, tumhaare paas."

YEH KARKE DEKHEIN

Team ki razaamandi se, roz ek baar ka khaana chuniye jo poora parivaar saath baithkar, ek hi samay par khaaye. Baithiye, phone door rakhiye, aur khaane aur shareer ko chhodkar kisi bhi baat par baat kijiye. Yeh kaisa chal raha hai, yeh tay karne se pehle ise ek hafta aazmaaiye.

4

✿ BAATEIN AUR KHAANE KA WAQT

Khaane aur shareer ke baare mein aap kya kehte hain

✿ CHHOTA SA SAAR

Yahaan wajan, shareer ki banaavat aur khaane ke baare mein kahi gayi baatein bahut maayne rakhti hain. Parivaaron ke liye bani guidance kehti hai ki apne bachche se diet, wajan aur shareer ki banaavat ke baare mein baat mat kijiye. Aapka ghar ek aisi jagah ban sakta hai jahaan shareeron par baat nahi hoti.

Khaane aur wajan ki baatein itni aam hain ki inse bachna mushkil hai. "Tumhaara wajan badh gaya hai." "Isse motaapa chadhta hai." "Dekho, tumhaari cousin kitni patli ho gayi hai." Khaane, shareer ki banaavat ya wajan ko lekar nuktacheeni hone se yeh pareshaani hone ki sambhaavna badh sakti hai.

To aap kuch aasaan badlaav aazma sakte hain. Khaane ko bas khaane ki tarah baat kijiye, achcha ya bura, healthy ya junk kehkar nahi. Koshish kijiye ki wajan ghatne ki taareef na karein, na apne bachche mein, na kisi aur mein. Koshish kijiye ki bachche ke saamne apne hi shareer ki buraai na karein. Apne bachche ki taareef is baat ke liye kijiye ki woh kaun hai, iske liye nahi ki uska shareer kaisa dikhta hai.



Ek parivaarik shaadi mein Kavita aur Riya, ek-doesre ka saath dete hue.

Kavita ke parivaar ke liye shaadiyon ka mausam sabse mushkil tha. Lambe-lambe buffet, dher saari aunty, aur dher saari tippaniyaan. "Riya to kitni patli ho gayi, kitni sundar!" ek mausi ne zor se kaha. Kavita ne dekha ki Riya ka chehra jam gaya. Uske paas ek baat pehle se taiyaar thi. "Humare parivaar mein hum shareer ke baare mein baat nahi karte. Riya, aao, naani ko dhoondhne mein meri madad karo." Baad mein dono ne saath baithkar khaana khaaya, aur Kavita ne baatcheet dance par hi tikaaye rakhi.

Aur jaanna chahein to ^

Kisi shaadi, tyohar ya rishtedaaron ke aane se pehle, milkar yojna banaaiye. Tay kar lijiye ki aap kahaan baithenge aur kab khaayenge. Ek ishaara tay kijiye jise aapka bachcha tab istemaal kar sake jab sab kuch zyaada lagne lage, aur ek shaant jagah jahaan woh thodi der ke liye hat sake. Ek-do qareebi rishtedaaron ko, thode mein aur akele mein, bata dijiye ki kya madad karta hai. Aapko har kisi ko safaai dene ki zaroorat nahi hai. "Woh doctor ki dekhrekh mein hai, aur hum khaane ki baatein mez se door rakhte hain" itna kaafi hai.

● YEH KARKE DEKHEIN

Do chhoti baatein likh lijiye jo aap tab keh sakein jab koi rishtedaar aapke bachche ke shareer ya thaali par tippani kare. Inhein zor se bolkar abhyaas kijiye taaki ye aasaani se munh par aayein. Jaise: "Humare parivaar mein hum shareer par tippani nahi karte," ya "Chaliye, kuch aur baat karte hain."

5

✿ AAPKA APNA KHAYAAL

Aap bahut kuch utha rahe hain

✿ CHHOTA SA SAAR

Khaane se joojh rahe bachche ki dekhbhaal karna thaka dene wala hai, aur jo dar aap mehsoos karte hain, woh asli hai. Apna khayaal rakhna swarth nahi hai. Parivaaron ke liye bani guidance ise bahut zaroori bataati hai.

Jo khaane kabhi aam hua karte the, ve ab shayad aapke din ke sabse mushkil ghante hon. Ho sakta hai har thaali par aapko dar lage, aur yeh apraadh-bodh bhi ki aapne ise pehle kyun nahi dekha. Ho sakta hai aap us sahaj bachche ko yaad karke dukhi hon jo saal bhar pehle aapke paas tha. Inmein se kisi ka matlab yeh nahi ki aap kamzor hain. Maa-baap ka khayaal rakhna dekhbhaal ka hi hissa hai, uske oopar jodi gayi koi aishon-aaraam ki cheez nahi. Visheshagyon ki guidance kehti hai ki parivaaron ko bhi apna khayaal rakhne mein madad milni chahiye, bhai-behenon ko bhi.

Aapke apne shareer ko bhi buniyaadi cheezein chahiye. Khud bhi samay par khaana khaaiye, jab ho sake soiye, aur chhote-chhote break lijiye. Khaane ke waqt ki zimmedaari apne jeevansaathi ya kisi aur bade ke saath baantiye. Thakkar choor hon, to shaant rehna mushkil hota hai.

Sanyukt parivaar mein dabaav kai guna badh sakta hai. Bade-buzurg aapke khaana banaane ko, aapki sakhti ko, ya aapki narmi ko dosh de sakte hain. Kuch log ise chhupaakar rakhna chahenge. Doosre gharelu nuskhon ya zyaada sakhti par zor de sakte hain. Aapko har behes jeetni nahi hai. Ek chhoti, sthir baat kaam aati hai: "Doctor ismein humari madad kar rahe hain, aur hum ek yojna par chal rahe hain."

Aur jaanna chahein to ^

Ghar ke doosre bachchon ko mat bhooliye. Bhai-behen dare hue, andekhe, ya dhyaan milne ko lekar jalan bhi mehsoos kar sakte hain. Kuch sachchi baatein madad karti hain: unka bhai ya behen beemar hai, parivaar ko madad mil rahi hai, aur unse ab bhi utna hi pyaar hai. Thoda waqt sirf unke liye rakhiye. Apne liye bhi ek aisa insaan dhoondhiye jo poori tarah aapke saath ho, jeevansaathi, behen, ya koi dost.

♡ AAPKE SAATH

Jin shaamon mein khaana aansuon par khatm hota hai, aapke ya aapke bachche ke, un shaamon mein yeh baat sun lijiye. Jo maa-baap apne bachche ko samajhne ke liye poori kitaab padhte hain, ve naakaam nahi ho rahe. Aap ek bahut mushkil daur mein apne bachche ke bagal mein khade hain. Yahi pyaar hai, aur yeh maayne rakhta hai.

● YEH KARKE DEKHEIN

Is hafte, kisi ek baar ke khaane ki zimmedaari kisi aur ko saunpiye, chahe bas ek baar hi. Apne jeevansaathi ya kisi bharosemand rishtedaar se kahiye ki us khaane ke waqt ve aapke bachche ke saath baithein. Woh ghanta apne liye istemaal kijiye, bina kisi apraadh-bodh ke.

6

✿ MADAD LENA

Doctor ki jaanch zaroori hai, aur kab intezaar nahi ho sakta

✿ CHHOTA SA SAAR

Yeh pareshaani shareer ko nuksaan pahuncha sakti hai, tab bhi jab aapka bachcha theek dikhta ho. Jaldi hi kisi doctor se apne bachche ki jaanch karwaaiye. Kuch nishaaniyon par fauran doctori madad chahiye.

Khaane se joojhna shareer par bahut bhaari pad sakta hai, aur kabhi-kabhi jaan ke liye khatra bhi ban sakta hai. Iska asar dil, khoon, haddiyon aur badhat par pad sakta hai. Aapka bachcha kitna dubla dikhta hai, isse aap khatre ka andaaza nahi laga sakte. Koi bachcha theek dikh sakta hai aur phir bhi gambheer roop se beemar ho sakta hai. Please, madad maangne se pehle is baat ka intezaar mat kijiye ki aapka bachcha beemar dikhne lage.

Ek achcha pehla kadam hai aapka family doctor ya bachchon ke doctor. Ve aapke bachche ki poori sehat aur wajan ki jaanch kar sakte hain, aur aapko aage kisi ke paas bhej sakte hain. Achchi dekhbhaal mein aamtaur par kai hisse judte hain: family therapy, shareer ki sehat ki niyमित jaanch, aur parivaar ke liye sahaara.

 YAAD RAKHIYE

Ek achchi team poore bachche ko dekhti hai, sirf thaali ya wajan ko nahi. Ve shareer ki jaanch karte hain, aapke bachche ki baat sunte hain, aur aapko team ka hissa maante hain. Yojna ek baatcheet hai jo samay ke saath badalti rehti hai. Har faisle mein aap shaamil rehte hain.

Aur jaanna chahein to ^

Pehli mulaqaat se pehle aapke paas har jawab hona zaroori nahi hai. Apne notes saath le jaiye: kaun-si cheezein khaane se hat gayi hain, khaane ke baad koi kasrat ya bathroom ke chakkar, aur aapke bachche ne kya kaha hai. Agar aapka bachcha aane se mana kare, to aap pehle khud ja sakte hain. Doctor tab bhi aapko agle kadam ke baare mein bata sakte hain.

Zyaadatar dinon mein aapka kaam hai bachche ke paas bane rehna aur team ke sampark mein rehna. Par kuch nishaaniyon ka matlab hai ki shareer abhi khatre mein ho sakta hai. Kam umar ke bachche bahut jaldi shaareerik roop se beemar ho sakte hain. Agli mulaaqaat ka intezaar mat kijiye. Fauran doctori madad lijiye, kisi doctor se ya aspataal ki emergency se.

Behosh hona, ya behoshi jaisa lagna.

Khaaskar agar ek se zyaada baar behoshi ho.

Seene mein dard, ya saans phoolna.

Ya dil ki dhadkan bahut dheemi lagna.

Bahut kamzori, bahut thanda padna, ya hosh theek na rehna.

Seedhiyaan chadhne mein ya ukdoon baithkar uthne mein mushkil, shareer ka taapmaan bahut kam hona, ya achaanak hosh theek na rehna aur baatein uljhi-uljhi lagna (bhrām).

Tezi se wajan ghatna, ya khaane-peene se inkaar.

Jaldi-jaldi wajan kam hona, ya khaana ya peena band kar dena.

Khaane se joojh rahe kuch bachchon ke mann mein apni zindagi khatm karne ke khayaal aate hain. Agar aapka bachcha marne ki ichchha ki, ya khud ko chot pahunchaane ki baat kare, to ise gambheerta se lijiye. Seedhe aur shaanti se poochiye: "Kya tumhaare mann mein apni zindagi khatm karne ke khayaal aa rahe hain?" Studies mein dekha gaya hai ki aatmahatya ke baare mein poochne se aise khayaal badhte nahi hain. Uske saath rahiye aur aawaaz dheemi rakhiye. Jin cheezon se woh khud ko chot pahuncha sakta hai, unhein uski pahunch se door rakhiye. Tele-MANAS, 14416, mann ki sehat ke liye sarkaar ki muft helpline hai, jo din-raat khuli rehti hai. Agar aapka bachcha abhi isi waqt khatre mein hai, to 112 par phone kijiye ya sabse paas ke aspataal ki emergency mein jaiye.



Theek hone mein waqt lag sakta hai. Madad ke saath, aur apne saath khade maa-baap ke saath, bahut se bachche parivaar ki khaane ki mez tak waapas apna raasta dhoondh lete hain.

● YEH KARKE DEKHEIN

Ve do ya teen badlaav likh lijiye jo aapko sabse zyaada chinta mein daalte hain, har ek ke saath ek asli udaaharan. Unke saath hi apne phone mein Tele-MANAS ka number 14416 save kar lijiye. Ye dono taiyaar hon, to pehli mulaaqaat, aur koi bhi mushkil raat, thodi aasaan ho sakti hai.

YEH JAANKARI KAHAN SE HAI

NICE guideline. Eating disorders: recognition and treatment (NG69). 2020. [nice.org.uk/guidance/ng69](https://www.nice.org.uk/guidance/ng69)

Royal College of Psychiatrists. Medical emergencies in eating disorders (MEED): guidance on recognition and management (College Report CR233). 2022. [rcpsych.ac.uk/improving-care/campaigning-for-better-mental-health-policy/college-reports/2022-college-reports/cr233](https://www.rcpsych.ac.uk/improving-care/campaigning-for-better-mental-health-policy/college-reports/2022-college-reports/cr233)

National Health Service (UK). Overview - Eating disorders. 2024. [nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview)

Lock J. Randomized clinical trial comparing family-based treatment with adolescent-focused individual therapy for adolescents with anorexia nervosa. Arch Gen Psychiatry, 2010. doi.org/10.1001/archgenpsychiatry.2010.128

Arcelus J. Mortality rates in patients with anorexia nervosa and other eating disorders. A meta-analysis of 36 studies. Arch Gen Psychiatry, 2011. doi.org/10.1001/archgenpsychiatry.2011.74

Dazzi T. Does asking about suicide and related behaviours induce suicidal ideation? What is the evidence?. Psychol Med, 2014. doi.org/10.1017/S0033291714001299

Yeh guide samajhne mein madad karti hai. Yeh nidaan nahin hai. Uske liye doctor se milein.

- Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.
- Tele-MANAS, muft rashtriya helpline: **14416**. Kisi bhi samay, din ho ya raat. Bharat sarkar ki seva.