

FOR IMMEDIATE RELEASE

**EATING DISORDERS AWARENESS WEEK
FEBRUARY 1 TO 7, 2023**

Montreal, January 19, 2023 –Eating Disorders Awareness (EDA) Week will take place from February 1 to 7, 2023, under the theme “Regardless of who you are, an eating disorder can make you feel trapped. Let’s break down barriers so that those suffering can seek professional help.”

According to the research and experience of **Anorexia and Bulimia Quebec (ANEB)** and **Maison l’Éclaircie**, people from diverse backgrounds, such as members of the LGBTQ2S+ community, individuals with developmental disabilities, those who belong to visible minorities, and other members of society, including men and seniors, are reluctant to seek professional help for their eating disorders. Eating disorders (EDs) can affect anyone, regardless of sexual orientation, ability, ethnic background, gender and age. Since it’s known that eating disorders are serious mental illnesses, this situation is deplorable.

For that reason, we have to continue our efforts to raise awareness, so we can dismantle the prejudices that persist about EDs, including the notion that eating disorders affect only young girls in the Western world.

EDA Week initiators in Quebec, **ANEB** and **Maison l’Éclaircie**, emphasize that eating disorders are mental health issues that can trap a person and control them body and soul. Anyone suffering from an ED, as well as their friends and families, should feel comfortable seeking help.

“Eating disorders do not discriminate. Anyone—regardless of age, gender, body type or ethnic origin—can be affected. It’s important that everyone be able to find and receive the help they need to recover,” stresses Myriame Trudel, Executive Director of Maison l’Éclaircie.

“Eating disorders can affect any community, and more and more research is confirming this. That’s why it’s essential to break the taboo throughout all communities, so everyone can obtain the necessary help and feel welcomed and heard by professionals,” says Josée Champagne, Executive Director Executive Director of ANEB.

Throughout EDA Week 2023, tools will be available for everyone on the EDA Week website at www.semainetroublesalimentaires.com, including:

- Activity guides
- Blogs
- NEDA Week posters
- Awareness videos
- Calendar of events

Events organized by EDA Week 2023 initiators in Quebec and their partners will be held across the province as part of this awareness campaign. You can find out about these events by visiting www.semainetroublesalimentaires.com/calendrier/.

To see who EDA Week's partners are, please visit <http://semainetroublesalimentaires.com/partners/>.

INTERVIEW REQUESTS:

To request an interview, please contact NIDEM Communications.

FOR INFORMATION:

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Eating Disorders Awareness Week 2023

Dates: February 1 to 7, 2023
Website: www.semainetroublesalimentaires.com
Hashtag: #EDAWeek2023