Anorexia nervosa is an eating disorder where a person starves themselves, often becoming dangerously thin. It is associated with the irrational fear of gaining weight, alongside a distorted body self-perception. Anorexia affects both men and women, at any age, but it’s most common in young women between the ages of 14 and 25.

There are many reported causes of anorexia but they can be broadly divided into two categories - biological causes and environmental causes.

What are the symptoms of anorexia?

The long-term effects of anorexia can be severe, even proving fatal, so it is extremely important to recognise the signs and symptoms. Not everyone will have the same symptoms, but the most common are:

- Severe or significant weight loss
- Limiting the amount that you eat and drink
- Exercising more than normal in an attempt to burn off the calories that you have consumed
- Focusing on food to try to cope with and bring a sense of control to your life
- Strong feelings of ‘fatness’
- Loss of menstrual periods (in females) and sexual feelings

Over time, physical and psychological side effects may develop including infertility in women, brittle bones, heart and kidney problems and extreme tiredness and exhaustion.
How can Priory help?

Priory works with worldwide leading mental health professionals and our proven record of helping people to get their lives back on track is unrivalled.

Using the latest evidence-based practices, our experts offer bespoke therapies, tailored to your individual needs. We follow recommended national guidelines and include robust regulation both in terms of the specialist team and treatment the delivered.

Priory’s outpatient facilities offer a friendly and relaxing setting that is ideal for high quality mental health treatment. Appointment times are flexible and can be offered around work time, which may include evenings and Saturdays.

Our wellbeing centres have strong links to their local Priory hospitals allowing for a wider support network and movement into inpatient or day care if required.

Outpatient therapy packages

Priory also offers an outpatient package for anorexia nervosa which is only available at our wellbeing centres. This includes 20 x 1:1 therapy sessions – the number recommended under national guidelines. There is a fixed price for this package which includes a discount, providing you with certainty of cost for your initial treatment programme.

A further discount is available on additional therapy sessions at the end of your treatment package, should you need them.

All treatment can be accessed promptly via self-pay or private medical insurance (PMI). We work with most of the leading PMI companies – check your policy to see what cover is available to you.

Get in touch

The treatment offered across our wellbeing centre network varies. To discuss which Priory facility offers this specialism, please contact us today:

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