



Binge Eating Disorder



Binge eating is when a person eats too much, too often.

Someone with this disorder will often eat until uncomfortably full.

The binge eating usually follows feelings of:

- sadness
- anger
- boredom



Around food people with this disorder often feel:

- shame
- guilt
- embarrassed



They often eat alone and hide food.

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Binge eating is sometimes linked to **depression** and **obsessive compulsive disorder**.

We have made other factsheets about **depression** and **obsessive compulsive disorder** if you would like more information

