



When to Refer

Eating Disorders & Disordered Eating

Signs It May Be Time to Refer

- Food, weight, or body taking up more headspace than it used to, and it's affecting mood, focus, or daily life
- Rigid food rules, shrinking variety, or cutting out whole food groups that aren't medically necessary
- Skipping meals, eating in secret, or avoiding social activities involving food
- Signs of purging, like bathroom trips after meals, laxative or diuretic use
- Exercise that feels non-negotiable, with real distress when they have to miss it
- Self-worth riding heavily on weight, shape, or "being good" with food

Easy to Miss

- You don't have to be underweight to have an eating disorder. Weight can be normal or high.
- The patient whose "discipline" or weight loss is getting praised by everyone around them
- Adults and teens with ADHD, who are more likely to graze, binge, forget to eat, or miss hunger and fullness cues
- The lifelong "picky" eater whose short list of safe foods is actually ARFD, not just preference
- The high-anxiety patient whose disordered eating slips past, because the anxiety is what everyone's focused on
- Perinatal and postpartum women, and high-achieving teens and college students

LOOP IN A PHYSICIAN

These can point to medical instability. A medical eval (vitals, labs), and sometimes a higher level of care, may need to come before or alongside outpatient therapy.

- Rapid weight loss, or a very low weight
- Fainting, chest pain, or a notably slow heart rate
- Frequent purging, or suspected electrolyte issues



WHO I WORK WITH

Teens (12+),
college students,
and adult women.

In person in
Waco, virtual
anywhere in
Texas.



AREAS OF FOCUS

Eating disorders
across the
spectrum:
restriction,
bingeing, purging,
and body image.



HOW TO REFER

No forms, no
hoops. Patients
can call or email
for contact, or
I'm happy to
take a warm
handover. I'll
take it from
there.

Hannah Short
LCSW, BCBC, CMNCS

Rooted &
Nourished Therapy
254-589-4959

*This card is meant to
prompt a conversation,
not serve as a
diagnostic checklist.*