

WHERE TO TURN TO FOR HELP:

If your GP is in North Staffordshire you can self refer to the Children and Adolescent Mental Health Central Referral Hub for under 18s on:

0300 123 0907 (option 4)

B-eat

If you have an eating disorder or someone in your family does then B-eat can help you with support and information. The website has a help finder to input your postcode and find help in your area.

Helpline for under 25s:

0808 801 0711 (daily 3pm to 10pm)

www.b-eat.co.uk

Anorexia and Bulimia care

If you are effected by an eating disorder you can contact them on:

03000 11 12 13 (option 1 support line:
option 2 friends and family)

www.anorexiabulmiacare.org.uk

The Mix

If you are under 25 you can contact The Mix free of charge in order to talk to someone. You can also use their text or webchat if you prefer by visiting their website.

0808 808 4994 (daily 1pm to 11pm)

www.themix.org.uk

There are also some apps you can download to your phone/tablet device to help you.



Self-help for anxiety management (SAM)- helps understand and manage anxiety.



Fear tool—anxiety kit; contains a thought diary and breathing tools.



Calm—guided meditations, sleep stories and relaxing music.



Breathe to relax— portable stress management tool using a breathing exercise.

Apps were free to download at time of publishing but may contain in-app purchasing/adverts.

Phone numbers correct at time of publishing. Some numbers may incur a charge.

AUTHOR: C. CONSTERDINE
VERSION 1 PUB: MARCH '19 REVIEW: MARCH '20

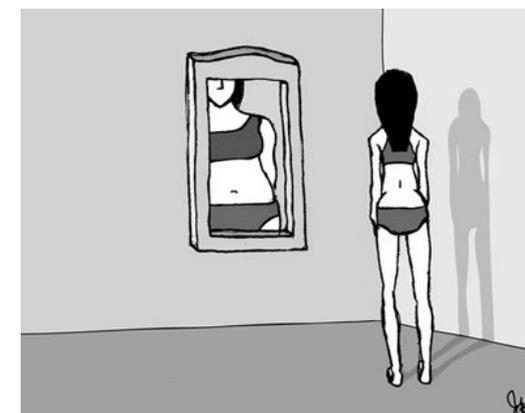
NHS

**University Hospitals
of North Midlands**

NHS Trust

EATING PROBLEMS IN CHILDREN AND YOUNG PEOPLE

A guide to eating problems
and finding the help and
support you need



Please note the information provided in this leaflet is for guidance only and not designed to diagnose a specific condition. Contact your GP if you are concerned about any of your symptoms.



WHAT IS AN EATING PROBLEM?

Lots of people have different eating habits and forgetting to eat for a day or having an occasional blow out are not signs of an eating problem. Neither is occasionally going on a diet.

Trying to control what or how much you eat or having urges to eat and then making yourself sick are signs that you could have an eating problem.

Eating problems are common and can affect anyone regardless of body shape or lifestyle.

They can be triggered by a number of things but you often develop an eating problem when other areas of your life don't feel right.

Worry or stress can trigger an eating problem. It can be difficult to notice a trigger. Often the people around you will notice an issue or a change in your behaviour before you.

SYMPTOMS OF AN EATING PROBLEM

Some eating problems such as anorexia and bulimia are serious mental health conditions that need professional help to diagnose and treat.

Some signs that eating is becoming a problem:

- Losing appetite
- Eating when not hungry
- Obsessing about body image
- Eating only certain foods and developing a “faddy” diet
- Fear of gaining weight
- Dramatic weight loss or gain
- Being sick after meals
- No longer enjoying eating socially or leaving the table early in order to be sick or hide food
- Focusing on buying or cooking food for others
- Feeling secretive about food

WHAT TO DO ABOUT EATING PROBLEMS:

If you think you are affected by an eating disorder talk to someone you trust. Many young people who have suffered from an eating disorder report that beginning to talk about it has been a positive step towards recovery.

Speak to your GP they can suggest other services including referral for talking therapies or Child and Adolescent Mental Health Services (CAMHS).