

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have a distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

Online support

Visit beateatingdisorders.org.uk for information about eating disorders, and to access online support groups and one-to-one chat.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.

@BeatEDSupport

BeatEDSupport

beat.eating.disorders

Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

EATING DISORDERS SUPPORT SERVICE	CONTACT
ADULTS': Wiltshire Community Adult Eating Disorders Service (WCEDs), Wiltshire and Swindon	01865 904099 Cotswold.House@oxfordhealth.nhs.uk
CHILDREN'S: The CAMHS Eating Disorder Service (TEDS), for Bath, and North East Somerset, Swindon and Wiltshire	01865 903777 TEDSreferralsBSW@oxfordhealth.nhs.uk

Help for students

Helpline: 0808 801 0811

Email: studentline@beat.eatingdisorders.org.uk

Help for young people

Youthline: 0808 801 0711

Email: fyp@beat.eatingdisorders.org.uk

Useful links:

www.what0-18.nhs.uk/popular-topics/mental-health/mental-health-and-wellbeing

www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems

www.freedfromed.co.uk/freed-for-all