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# Student Wellbeing Resource

## Eating Disorders

**UPDATED**  
November 2019

# Eating Disorders

## Overview

Eating disorders are a range of mental health conditions that affect someone physically, psychologically and socially. Eating disorders are not just about food, weight and body image but are a serious psychological illness where an unhealthy relationship with food or body image can be the outward expression of emotional turmoil. Various eating, restricting, binging and purging behaviours can become a distraction method or ways of coping with a person's uncomfortable thoughts and feelings. Because of the often secretive nature of the illness, many people suffer for years without their illness being detected.

The most common eating disorders are Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Other Specified Feeding and Eating Disorders.

Although serious, eating disorders are treatable conditions and full recovery is possible. The number of children and young people with an eating disorder is on the rise and it is clinically proven that those suffering can recover faster when they are treated locally and as soon as possible. We can help to achieve this by raising awareness, building the resilience of our young people through sessions on body image and self-esteem, and by being proactive in supporting someone experiencing difficulties.

## Resources

Beat is a national eating disorder charity with a helpline and youthline [www.b-eat.co.uk](http://www.b-eat.co.uk).

Our website contains details of all of our services, recovery stories and information of how to self-refer at [www.syeda.org.uk](http://www.syeda.org.uk).

Men Get Eating Disorders Too is a charitable organisation aiming to raise awareness of eating disorders in men <http://mengetedstoo.co.uk/>.

## Key Facts

- It is estimated that over 725,000 people are affected by an eating disorder in the UK. Amongst those, nearly half suffer from binge eating disorder and other specified feeding and eating disorders, although anorexia nervosa and bulimia nervosa remain prominent. This information comes from a report by national charity Beat which also details the prevalent link between eating disorders and other conditions including depression, obsessive compulsive disorder, personality disorders and substance abuse.
- As many as one in five of the most seriously affected with die prematurely as a result of the illness, making eating disorders the mental illnesses with the highest mortality rate.
- 11% of those affected by EDs are male – this number is rising, and likely to be higher than it appears. Young women (aged 12-20) are a particularly at risk group.
- 33% increase in the over 50s diagnosed with eating disorders.
- Between February 2015 and January 2016 there were 2,703 finished admission episodes, a decrease of 8% from the previous year. The NHS claim that 76% of the admitted cases were for anorexia, 5% for bulimia and 19% for other eating disorders.
- Worryingly, average waiting times for patients vary from 20 to 180 days depending on the trust, putting the lives of people seriously ill with eating disorders at risk.

# Eating Disorders

## Best Practice

- All staff to be aware of the signs and symptoms of an eating disorder and feel confident about what to do if they are concerned about a young person.
- Pupils with disordered eating or an eating disorder can spot the signs in themselves or their friends and will present themselves to a member of staff with whom they feel comfortable.
- All staff should be aware of the schools process of sharing information about their concerns in order to ensure proper confidentiality and privacy, and to prevent the young person having to explain themselves several times.
- The school to consider developing an eating disorder policy to formally undertake preventative and early intervention strategies for Eating Disorders.

## Local Offers and Providers

Provider	What they offer	Cost	Contact details
South Yorkshire Eating Disorders Association (SYEDA).	<p>We offer a range of talking therapies, occupational therapy, complimentary therapy and support groups to anyone 14 and over who is suffering with an eating disorder or whose relationship with body image and food dominates their life.</p> <p>We also offer one-to-one therapy, support groups and courses to friends and family members of those directly affected.</p> <p>We also deliver a bespoke education and training offer to young people and the professionals who work with them, from GPs and nurses to teachers and third sector organisations.</p>	<p>Our Education and Training is a free service.</p> <p>We are currently funded until March 2018 and will seek to secure further funding to continue our service after this.</p> <p>Minimal charges may apply for our services.</p>	<p>Please contact our Education and Training Manager Christie Rossiter.</p> <p><b>christier@syeda.org.uk</b></p> <p>(0114) 272 8822</p>
Kooth	Online counselling support for 11-18 year olds in Sheffield.	Free	Register online: <b>www.kooth.com</b>

# Eating Disorders

## Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
Door 43 (Youth Information Advice and Counselling Service)	Direct access to a range of emotional wellbeing and practical support for young people age 13-25 with a counselling offer and wellbeing café with activities and support open 5-7pm on Tuesdays	Free	(0114) 201 2774 <b>Door43@sheffieldfutures.org.uk</b> 43 Division Street open Monday – Friday 9am - 5pm and Saturday 9.30am - 12.30pm
Golddigger Trust	Golddigger Trust is a Sheffield based Charity, offering a variety of wellbeing projects, both within the school environment, and extra-curricular activities within the community, for young people aged 11-19.  Services include: <b>1:1 Mentoring</b> – Bespoke, flexible programmes of mentoring for students addressing specific needs identified. Minimum 6 sessions (usual course approx. 8-14 sessions).  Students accessing Golddigger Trust services via school can also access additional free services outside of school hours, including drop in youth clubs, sexual health clinic, sports and music sessions and online support.	Cost varies based on service and available charitable funding, contact for most up to date costings.  Community based services are free, accessed by community referral (MAST, CAMHS, Self-referral etc). There is no charge to young people.	0114 327 1191  Golddigger Trust Centre For Young People, 10 Psalter Lane, Sheffield, S11 8YN  <b>info@golddiggertrust.co.uk</b>  <b>www.golddiggertrust.co.uk</b>