

SUPPORT IS AVAILABLE.

The Sussex Family Eating Disorder Service works with children, young people and their families to treat eating disorders

PLEASE TALK TO YOUR GP ABOUT YOUR CONCERNS OR CONTACT THE SUSSEX FAMILY EATING DISORDER SERVICE ON 01444 472670, (OPEN MON-FRI, 9AM-5PM)

More information about our service is available at:
www.sussexpartnership.nhs.uk/eatingdisorder

For further information about eating disorders and spotting the signs visit:
www.b-eat.co.uk or www.fixers.org.uk/fixing-eating-disorders.php

ARE YOU CONCERNED ABOUT THE EATING HABITS OF A CHILD OR YOUNG PERSON YOU KNOW?



Sussex Partnership
NHS Foundation Trust

Eating disorders can affect people from all different backgrounds, regardless of ethnicity, gender, age or sexual orientation.

ANSWERING “YES” TO TWO OR MORE OF THESE QUESTIONS IS A POSSIBLE INDICATOR OF AN EATING DISORDER:

Are they going to extremes to lose weight?

Have they lost control over how much they eat?

Have they recently lost more than 6.4kg over three months?

Does food dominate their life?

Do they believe themselves to be fat when they're not?
Or regularly complain of bloating and tiredness?

Do they ever make themselves sick because they feel uncomfortably full?

Are they eating excessively large quantities of food or restricting how much and/or the types of food they eat?