

Your Future Your Freedom

Promoting freedom from eating disorders



Children and young people's eating disorders service

Is someone you know, under 18 years of age,
struggling with an eating disorder?

Signs to look out for:

- fear of weight gain
- avoiding eating in public, secret eating
- believing they are fat when underweight
- exercising excessively
- becoming more withdrawn

The freedom team offers help to recover;
for more details visit www.bdct.nhs.uk/services/freedom-team

Call: 01535 661531

