

What are some of the signs to look out for?

You may display some of these behaviours:

- fear of weight gain
- weight loss or unusual weight changes
- in girls, periods becoming irregular or stopping
- missing meals, eating very little and avoiding 'fattening' foods
- avoiding eating in public, secret eating
- believing you are fat when underweight
- exercising excessively

- becoming pre-occupied with food and calorie counting
- using laxatives and vomiting to control weight
- tiredness, less energy or interest in other things
- mood changes
- lack of confidence and withdrawal from friends
- anxiety, depression, obsessive behaviour or perfectionism



Effects of eating disorders

Eating disorders are dangerous and can be life-threatening. Most people need help to recover.

Untreated they can become chronic, life-long conditions which can stunt growth, damage bones and internal organs, cause hair loss and infertility.

For more details about the service and treatments offered by the Freedom Team to support recovery visit www.bdct.nhs.uk/services/freedom-team



Bradford District Care
NHS Foundation Trust

Children and young people's eating disorders service

Support for young people, under 18 years of age, with an eating disorder and their families.

Call: 01535 661531

**Your Future
Your Freedom**
Promoting freedom from eating disorders

You & Your Care

www.bdct.nhs.uk

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Who is this service for?

The service offers support for young people, under 18 years of age, who have an eating disorder or a suspected eating disorder, living in Bradford, Airedale, Wharfedale or Craven.

Available Monday to Friday from 9am to 5pm.



FIRST RESPONSE

Call 01274 221181

Call the First Response service, outside of these hours if you're in mental health crisis.

How can we support your recovery?

If you have an eating disorder our experienced team will work with you and your family to support recovery. We offer assessment, diagnosis and treatment for a range of suspected and confirmed eating disorders including:

- anorexia nervosa
- bulimia nervosa
- binge eating disorder
- atypical anorectic and bulimic eating disorder sometimes known as OSFED (other specified feeding or eating disorder)

How can you access this service?

You can ask to be referred to the service by your GP or school nurse. We are happy to discuss any concerns about your well-being with you and/or your parents or carers or other health care professionals.

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