

If you're worried someone you care about is showing any signs of an eating disorder there's support available

If you're worried someone you care about is showing the signs of an eating disorder, the first step is to talk to them and encourage them to seek help. We know it can be difficult to raise the issue with them. Beat have a useful guide with some things you can do when talking to someone you're worried about tinyurl.com/2b9v9688

Where to find more information and support

Beat are the UK's eating disorder charity and they have a wide range of resources and support available

- Eating disorders: A guide for friends and family tinyurl.com/5yzmaaub
- Tips Poster. Spotting the first signs of symptoms of an eating disorder tinyurl.com/8dyysrjs
- Worried about a loved one tinyurl.com/2b9v9688
- Free Training for parents and carers tinyurl.com/9t6zke49

Beat also provide online and telephone support for children & young people and for anyone who's worried about someone they care for www.beateatingdisorders.org.uk

Help for young people

Youthline:
0808 801 0711

Email: fyp@beateatingdisorders.org.uk

Help for adults

Helpline:
0808 801 0677

Email: help@beateatingdisorders.org.uk

Feast (Families Empowered And Supporting Treatment for Eating Disorders) are a global community of parents, and those who support parents in families affected by eating disorders. They provide a range of resources and support. www.feast-ed.org

Find support in Greater Manchester

If you know somebody who has an eating disorder or who you think might have an eating disorder there is support out there for you.

In Greater Manchester we have three community eating disorder services who provide care and support to children and young people with an eating disorder. They also offer advice and support to families, carers, and those who work with, or support, a child or young person. Services aim to promote the early detection and treatment of eating disorders through a combination of one-to-one support and family therapy, along with support from a qualified dietitian.



How to contact your local eating disorder service

Community Eating Disorder Services in Greater Manchester

Service name	Areas the service covers	Who provides the service	Telephone number	Email
Wigan and Bolton Community Eating Disorder Service	Wigan and Bolton	Greater Manchester Mental Health NHS Foundation Trust	01942 775 400	WiganBoltonCEDS@gmmh.nhs.uk
<p>The service for Wigan and Bolton accepts referrals from GPs, teachers, school nurses, social workers and other health professionals.</p>				
Pennine Care Foundation Trust Community Eating Disorder Service	North Bury, Oldham Heywood Middleton and Rochdale	Pennine Care NHS Foundation Trust	0161 716 1560	Pcn-tr.ceds@nhs.net
	South Tameside and Glossop		0161 716 4060	Pcn-tr.ceds@nhs.net
<p>Pennine Care NHS Foundation Trust - If you're under 16, your parent/carer, any health professional, childcare, educational or local authority professional can refer you to Pennine care. You can refer yourself if you are aged 16-18. A parent, carer, or anyone who works with you, or supports you, can also make a referral on your behalf - but they must have your permission first.</p>				
Manchester University NHS Foundation Trust Community Eating Disorder Service	Manchester, Salford and Trafford	Manchester University NHS Foundation Trust	0161 701 0447	mftceds@mft.nhs.uk
<p>Manchester University NHS Foundation Trust - accepts self-referrals and referrals from GPs, teachers, school nurses, social workers and other health professionals.</p>				

All referrals will be screened within 24 hours of receipt except on weekends or Bank Holidays. All accepted referrals will be screened for urgency and will be offered either, an emergency appointment within 24 hours, an urgent within one-week appointment or a routine within 28 days appointment.

If there's an immediate risk of danger to life, you should ring 999.