

Children and young people under 18 years with eating disorders

Guidelines for educational professionals

These guidelines give advice about spotting the signs of eating disorders and when to refer children and young people to your **local community eating disorders service (CEDS)** for specialist support.

Eating disorders can affect anyone. The stereotype that someone with an eating disorder is a young, white, underweight female, is dangerous as can result in other people being missed, e.g. males or those who are a healthy weight or overweight. **Getting treatment earlier** can make a positive difference in someone's recovery, therefore it is vital to keep an open mind when thinking about who may be affected and **act quickly if you suspect an eating disorder**.



What to do next

If you are not sure how to bring your concerns up with the young person, phone your local CEDS for advice (contact details overleaf). They can give you helpful tips. Don't wait and see what happens.

- o Early help is **VERY** important
- o You are not expected to be an expert - just someone who knows the young person and is worried

Children and young people **DO NOT** need to be referred by their GP - **YOU CAN REFER**. In some areas young people and parents can also refer themselves.

Education professionals can make a direct referral to CEDS

- o If you refer then let the young person and parents know beforehand
- o Let CEDS know who gave consent
- o If consent is refused, then phone your CEDS for advice



Spotting the signs

In the classroom:

- o Are they becoming withdrawn in lessons?
- o Do you think they have lost or gained weight?
- o Do their marks have a bigger impact on their mood or how they view themselves?

Other:

- o Are friends or family expressing concerns?
- o Are they isolating themselves from their friends?
- o Are they commenting more on their own body and appearance?



Outside the classroom:

- o Have they changed their behaviours around food at school/college?
- o Are they avoiding the lunch areas?
- o Are they secluding themselves at lunchtime or break time?
- o Are they sitting around peers but not eating?
- o Are they exercising more than usual for example, at break or lunch?
- o Are they avoiding exercise or avoiding getting changed for P.E. in front of peers?

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have a distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

Online support

Visit beateatingdisorders.org.uk for information about eating disorders, and to access online support groups and one-to-one chat.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.

@BeatED

BeatEDSupport

beat.eating.disorders

Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

BERKSHIRE EATING DISORDER SERVICES - BERKSHIRE HEALTHCARE FOUNDATION TRUST

CONTACT

If you suspect a young person within your care has an eating disorder, you can make a referral yourself. Once the referral is received, it will be passed to the CYPF Berkshire Eating Disorders service for triage.

[BHFT \(berkshirehealthcare.nhs.uk\) referrals](http://berkshirehealthcare.nhs.uk)

For an urgent referral telephone our HealthHub

0300 365 1234

If you're unsure whether to make a referral please call our duty line (9am-5pm), Mondays to Fridays

01628 640300
07796 274791

You can sign up for the "Supporting young people with Eating Disorders" module of PPEP Care training at this link

<https://cypf.berkshirehealthcare.nhs.uk/our-services/other-services/services-for-professionals-ppepcare-training/>

Help for students

Helpline: 0808 801 0811

Email: studentline@beat.eatingdisorders.org.uk

Help for young people

Youthline: 0808 801 0711

Email: fyp@beat.eatingdisorders.org.uk

For more referral information: helpfinder.beateatingdisorders.org.uk/refer

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