

Children and young people under 18 years with eating disorders

Guidelines for those working in the third sector

These guidelines give advice about spotting the signs of eating disorders and when to refer children and young people (CYP) to your **local specialist community eating disorders service (CEDS)** for specialist support. Eating disorders can be fatal and they cause serious harm physically and emotionally. But even though they are serious illnesses, eating disorders are treatable. Visit www.beateatingdisorders.org.uk for more information.

Eating disorders can affect anyone. The stereotype that someone with an eating disorder is a young, white, underweight female, is incorrect and dangerous as can result in other people being missed, e.g., males or those who are a healthy weight or overweight and those from Black, Asian, and other ethnic minorities. **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**.



Healthy London Partnership



What to do next?

If you are not sure how to bring your concerns up with the young person, phone your local specialist 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.

VCS professionals can make a direct referral to CEDS

- o Please get consent from the young person/parents/carers before you refer
- o Let CEDS know who gave consent
- o If consent is refused, then phone your CEDS for advice.



Spotting the signs

Eating/body:

- o Do they worry about their appearance?
- o Are they obsessing about exercise?
- o Do they make negative comments on their own body and appearance?
- o Have they started cutting out snacks or other meals?
Note: They may give reasons such as feeling sick or not hungry.
- o Are they sitting around peers but not eating?
- o Are they struggling to concentrate?

Other:

- o Are friends or family expressing concerns?
- o Are they avoiding break time with peers?
- o Are they isolating themselves from their friends?
- o Do you think they have lost or gained weight?
- o Do you think they are they exercising too much?

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 and Telephone Support

Visit beateatingdisorders.org.uk for information about eating disorders, and helpfinder.beateatingdisorders.org.uk/refer for more referral information.

Beat Youthline: 0808 801 0711

@BeatED

BeatEDSupport

[beat.eating.disorders](https://www.facebook.com/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.

London Community Eating Disorder Services for CYP	CONTACT
Central North West London NHS Foundation Trust (CNWL)	020 3315 3369
East London NHS Foundation Trust (ELFT)	020 8215 5270
North East London NHS Foundation Trust (NELFT)	0300 555 1216
Royal Free London NHS Foundation Trust	020 7794 0500 ext 39930
South London and Maudsley NHS Foundation Trust (SLAM)	020 3228 2545
South West London and St George's Mental Health NHS Trust (SWLSTG)	020 3513 6793
West London NHS Trust	020 8354 8160

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

Support for parents from Beat

Nexus

Nexus is a telephone support service for parents and carers caring for a child who has an eating disorder. Through Nexus, parents will be able to connect weekly with a trained Beat advisor, who will provide a place to talk through what they are going through and empower parents to help their loved one towards positive change.

Solace

Solace is a peer support group hosted over Zoom. It gives parents and carers the opportunity to share their feelings and get support from others in a similar situation.

To make a referral call Beat's CarEd Supportline – 0808 801 0356. Parents and carers can also access these services through referral from their GP or calling the CarEd Supportline directly.