

| Resources to support healthcare professionals Collated by Health Education England and NHS England and Improvement Version: Jan 2022 (all resources correct at time of circulation) | | | | | | | |
|---|--|-----------------|-------------|--------------|--------------|--------------|-----------------------|
| Provider details (click organisation for link) | Intended outcomes, format | Suitable for | | | Availability | | Cost |
| | | Non-Specialists | Specialists | CYP/families | Online | Face to Face | |
| BEAT | <p>Delivered by clinicians with extensive experience in the field of eating disorders, Beyond the Symptoms is ideal for GPs, nurses, dentists, cardiologists, and many other healthcare professionals. It aims to help you identify when a patient has an eating disorder and confidently intervene early.</p> <ul style="list-style-type: none"> Spotting the early warning signs, risk management and screening tools. The importance of early intervention. How to approach and have difficult conversations. Why someone might be resistant to treatment. Challenges you may experience in identifying and treating people with eating disorders. Signposting to treatment services. | ✓ | ✓ | ✓ | ✓ | ✗ | Free |
| FREED | <p>Online platform consisting of 8 modules</p> <p>Module 1: Introduction to FREED</p> <p>Module 2: The FREED Service Model and Champion</p> <p>Module 3: FREED Assessments</p> | ü | ✓ | ✗ | ✓ | ✗ | Free to all NHS staff |

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| | <p>Module 4: The FREED Care Package</p> <p>Module 5: Family Involvement</p> <p>Module 6: The FREED Network</p> <p>Module 7: Making a Business Case</p> <p>Module 8: Implementation Success which are free to access.</p> | | | | | | |
| MindEd for Professionals/Volunteers | <ul style="list-style-type: none"> • Knowledge to support wellbeing • Understanding to identify a child at-risk of a mental health condition • Confidence to act on concerns and signpost to services where needed | ✓ | ✓ | x | ✓ | x | Free |
| Mental Health First Aid (Youth) | <ul style="list-style-type: none"> • Builds skills and confidence to spot the signs of mental health issues in young people • Offer first aid and guide towards the support their needs, to help speed up a young person's recovery and to stop mental health issues from getting worse. • Teach participants to listen, reassure and respond, even in a crisis. | ✓ | ✓ | x | x | ✓ | Two day courses: £300 pp One day courses: £200 pp Half day courses: £75 pp |
| Young Minds suite of courses to support professionals | <p>Offer training in a wide range of mental and emotional health and wellbeing including: Academic Resilience, ADHD, Adolescence, Anxiety, Attachment, Autism, Behaviour, Bereavement, Bullying, Early Years, Eating Disorders, Inequalities, Looked After Children, Neurodevelopment, Resilience, Schools, Self-harm, SEND, Staff Wellbeing, Technology, Transitions and Young Offenders.</p> | ✓ | ✓ | x | ✓ | ✓ | Free and fee |

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| <p>We Can Talk (Barts Health/HEE) - Co-produced children and young people's mental health training for hospital staff</p> | <ul style="list-style-type: none"> • Increase knowledge, confidence and skill in supporting children and young people's mental health. • It utilises a co-produced (with hospital staff, young people and mental health experts) an evidence-based education framework to give all staff who see children and young people the core competencies to support their mental health needs. • We Can Talk is suitable for anyone who encounters children and young people in an acute hospital setting including nurses, HCAs, doctors, students, trainees and non-clinical staff. | û | ✓ | x | x | ✓ | Fee and free |
| <p>Guide for referring CYP with Eating Disorders</p> | <p>Healthy London Partnership has produced guidelines for primary care professionals about treating children and young people with eating disorders. The guidelines are being dispatched to GP practices across London to coincide with Eating Disorders Awareness Week.</p> | x | ✓ | x | ✓ | x | Free |
| <p>*NEW* Healthy London Partnerships</p> | <p>Healthy London Partnership updated Eating Disorder Guidelines for Education Professionals - the guidelines share advice about spotting the signs of eating disorders and when to refer children and young people to the community eating disorders service for specialist support.</p> | ✓ | ✓ | ✓ | ✓ | x | Free |
| <p>*NEW*Healthy London Partnerships</p> | <p>Healthy London Partnership Mental Health in Schools Toolkit encourage school leaders and staff, health care professionals and commissioners to use the toolkit for a wide range of information and guidance on how to promote</p> | ✓ | ✓ | ✓ | ✓ | x | Free |

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| | emotional wellbeing and mental health within schools. | | | | | | |
| Resources to support professionals working in Education Settings | | | | | | | |
| Healthy London Partnerships | New eating disorders guidelines launched for educational professionals - Healthy London Partnership | ✓ | ✓ | ✓ | ✓ | ✗ | Free |
| Anna Freud National Centre for Children and Families | Mentally Healthy Schools guidance on Eating Disorders: <ul style="list-style-type: none"> • Types of Eating Disorder • How to spot the signs • What schools and further education settings can do | ✓ | ✓ | ✓ | ✓ | ✗ | Free |
| BEAT Schools resources | ‘Spot the Signs’ appeal <ul style="list-style-type: none"> • Discussion-starter film including “Know the First Signs” • Teacher’s Guide with short tutorial-plan • Assembly plan | ✓ | ✓ | ✓ | ✓ | ✗ | Free |
| Resources to support parents, carers, and families | | | | | | | |
| BEAT support to parents and carers | <ul style="list-style-type: none"> • Skills workshops for carers and those supporting someone with an eating disorder. • Online support groups for both those suffering and for carers. Various chat rooms can be accessed by clicking here • A booklet for parents, families, friends and carers can be accessed here which covers information about eating disorders and treatment and offers guidance on how you might approach the subject if you’re worried about someone you know. • The BEAT helpline encourages and supports people to access early treatment | ü | ✓ | ✓ | ✓ | ✗ | Free |

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| | <ul style="list-style-type: none"> • Tips poster: spotting the first signs and symptoms is extremely important and this poster provides tips on how to spot the very first signs of an eating disorder. • Directory of local services: https://helpfinder.beateatingdisorders.org.uk/ <p>Peer coaching: https://www.beateatingdisorders.org.uk/support-services/echo-peer-coaching</p> | | | | | | |
| MindEd for Families | <ul style="list-style-type: none"> • Resource for all adults to increase awareness and understanding of Eating Disorders • Includes free e-learning sessions for all those working with children and young people (including Eating Disorders sessions) | ✓ | ✗ | ✓ | ✓ | ✗ | Free |
| Young Minds | <ul style="list-style-type: none"> • Parents helpline Monday-Friday 9:30-4pm 08088025544 • Feelings and symptoms: https://youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems/ • Parents lounge: https://youngminds.org.uk/find-help/for-parents/parents-lounge/ | ✓ | ✓ | ✓ | ✓ | ✗ | Free |
| F.E.A.S.T | Global community of parents and family members who support one another with information, peer support and outreach. | ✓ | ✓ | ✓ | ✓ | ✗ | Free |
| Around the Dinner Table | Free service provided for parents of those suffering from eating disorders. Moderated by | ✓ | ✓ | ✓ | ✓ | ✗ | Free |

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| | kind, experienced parent caregivers trained to guide you in how to use the forum and how to find resources to help you support your family member. | | | | | | |
| Eating Disorders and Autism Spectrum Disorder | | | | | | | |
| National Autistic Society | Eating – A Guide for All Audiences <ul style="list-style-type: none"> • A guide which explores common issues relating to eating and autism spectrum disorder including: <ul style="list-style-type: none"> ○ Identifying challenges ○ General ways to help ○ Food issues and ways to address them ○ Professionals who could help | ✓ | ✓ | ✓ | ✓ | ✗ | Free |
| National Centre for Eating Disorders | ARFID and Autism <ul style="list-style-type: none"> • What is ARFID? • Spotting the Signs • How to get support | ✓ | ✓ | ✓ | ✓ | ✗ | Free |
| Oliver McGowan Training | A resource to support health and social care staff to receive learning disability and autism training at the right level for their role | ✓ | ✓ | ✓ | ✓ | ✗ | Free |
| Pathway for Eating Disorders and Autism Developed from Clinical Experience (P.E.A.C.E) | A resource for: <ul style="list-style-type: none"> • Individuals with an eating disorder and autism • Carers • Clinicians | ✓ | ✓ | ✓ | ✓ | ✗ | Free |