

Children and Young People's Eating Disorders: Information, Resources and Support Available

Significant Increase in Eating Disorder during COVID-19 Pandemic






Since COVID there has been a seen a significant rise in presentations of young people with Eating Disorders nationally, and locally in Southampton this is no different. The CAMHS team are noting both an increase in referrals for young people with eating disorders, alongside an increase in late presentations which means we are seeing young people for their first assessment with a higher level of physical compromise.

All Young People with a suspected eating disorder should be referred to Specialist CAMHS

CAMHS (Direct Line) 023 8103 0061 or email the team at SNHS.CAMHSWestNewReferrals@nhs.net

National Resources for Support and Information (*these national organisations do not replace the need for a CAMHS referral*)

Attached are some very helpful national resources for both awareness raising and support for young people and parent/carers including link to the BEAT poster – 'Know the first signs' which is to encourage awareness of the signs of an eating disorder.

Organisation	Website and Offer
	<p>https://www.beateatingdisorders.org.uk/</p> <ul style="list-style-type: none"> • Skills workshops for carers and those supporting someone with an eating disorder. • Eating disorder online support groups for both those suffering and for carers. Various chat rooms can be accessed by clicking here • 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 • 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 • Peer coaching: https://www.beateatingdisorders.org.uk/support-services/echo-peer-coaching
	<p>https://www.minded.org.uk/</p> <ul style="list-style-type: none"> • Resource for all adults to increase awareness and understanding of Eating Disorders • Free e-learning sessions for all those working with children and young people (including Eating Disorders sessions)
	<p>https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-eating-problems/</p> <ul style="list-style-type: none"> • Parents helpline Monday-Friday 9:30-4pm 080 8802 5544 • Feelings and symptoms: click here • Parents lounge: click here
	<p>https://www.feast-ed.org/</p> <ul style="list-style-type: none"> • Peer Support: Global community of parents & family members who support one another with info, peer support and outreach.
	<p>https://www.aroundthedinnertable.org/</p> <ul style="list-style-type: none"> • Free service provided for parents of those suffering from eating disorders. Moderated by 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.