**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/5yzmauub**
* 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

**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.



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**

**in Greater Manchester**

**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

# How to contact your local eating disorder service

## Community Eating Disorder Services in Greater Manchester

**Service name Areas the Who Telephone Email service provides the number covers service**

Greater

**Wigan and Bolton** Manchester

Wigan and WiganBoltonCEDS@

**Community Eating** Mental Health 01942 775 400

Bolton gmmh.nhs.uk

**Disorder Service** NHS Foundation Trust

**The service for Wigan and Bolton accepts referrals from GPs, teachers, school nurses, social workers and other health professionals.**

**North**

Bury, Oldham

**Pennine Care** Heywood 0161 716 1560 Pcn-tr.ceds@nhs.net

**Foundation Trust** Middleton Pennine Care

**Community Eating** and Rochdale NHS Foundation

Trust

**Disorder Service South**

Tameside 0161 716 4060 Pcn-tr.ceds@nhs.net

and Glossop

**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.**

**Manchester**

Manchester

**University NHS** Manchester,

University NHS

**Foundation Trust** Salford and 0161 701 0447 mftceds@mft.nhs.uk

Foundation

**Community Eating** Trafford

Trust

**Disorder Service**

**Manchester University NHS Foundation Trust - accepts self-referrals and referrals from GPs, teachers, school nurses, social workers and other health professionals.**

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.**