

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.

@BeatEDSupport

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.

HAMPSHIRE AND ISLE OF WIGHT EATING DISORDER SERVICES	CONTACT
Hampshire Eating Disorder Team Hampshirecamhs1	0300 304 0062
Southampton CAMHS Eating disorder Service	023 81030061 / 0300 123 6661
Portsmouth Eating disorder service	03001236632
Isle of Wight Eating disorder service IOWccamhs	01983 523602 Out of hours crisis number: 01983 522214

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

Useful links:

www.what0-18.nhs.uk/popular-topics/mental-health/mental-health-and-wellbeing

www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems

www.freedfromed.co.uk/freed-for-all