



Eating Disorders Support

Eating Disorders

Eating Disorders are incredibly common; an estimated 1 in 20 women suffer from some form of disordered eating in their lives, the majority between the ages of 16 and 25, but equally it is not just women that suffer- 10% of sufferers are in fact men. Eating disorders are NOT just about wanting to be thin, just a phase, to get attention, a 'lifestyle choice' or caused by images of thin models in media, but may be manifested in a variety of different forms and stemming from many different emotional issues.

Eating Disorders can be beaten! Support is crucial to all stages of recovery, and amid the high pressure environment of university it can be easy to feel lost and alone. Below is a brief guide to support available in Cambridge for anyone affected, directly or indirectly, by issues of disordered eating. For more information contact:

Morgan Wild, Student Support Officer: studentsupport@cusu.cam.ac.uk

Rosa O'Neill, Eating Disorders Support Officer: eds@cusu.cam.ac.uk

Lisa Dery, Student Advisor, Officer: advice@cusu.cam.ac.uk

Student Support Phone (9am - 7pm): 07999 859940

Student Advice Service: 01223 761690

CUSU Office: 01223 333313

CUSU B-EAT EATING DISORDERS SELF HELP AND SUPPORT GROUP

Getting support from peers is really important in overcoming an eating disorder, particularly if you feel alone or that you can't tell your family or friends. The aim of these groups Student self-help and support groups is to provide a safe environment in which anyone who feels they have been affected, directly or indirectly, by eating disorders, issues with food or related issues can talk openly about their life, problems and issues regarding recovery. These groups are non-judgmental, non-critical and non-competitive, and aim to support and encourage recovery, not to 'fix', criticize, control, evaluate or compare weight or diet or offer formal treatment, counseling or therapy. The groups run as small groups of individuals, and is guided by two b-eat trained facilitators who will ensure the meeting is conducted to include and support all members everyone in a safe and constructive environment. Facilitators are bound by strict confidentiality agreements, national codes of practice and undergo constant reflection, evaluation and supervision so they can best support the group.

COUNSELLING SERVICE

The University Counselling Service provide a caring team of widely trained counsellors, who are accustomed to are experienced in a wide range of issues, particularly eating difficulties. Individual sessions are available to any undergraduate or postgraduate members of the university, free of charge and can be booked online at www.counselling.cam.ac.uk. You can book online simply by filling in an online form- feel free to give as much or as little information as you like.

GP/NHS

If you are suffering from an eating disorder, seeking help from your GP is one of the most helpful and important things to do- while this can be a terrifying prospect, the GPs here in Cambridge are amazing, and can provide health and emotional support that can really help sufferers to reach the other end of the tunnel. If you are not yet registered your college nurse should be able to put you in touch, or you can call in it at either the Trinity Street or Newnham Walk surgery for help (<http://www.newnhamwalksurgery.nhs.uk/>). Remember that your GP is not only available to provide physical support, but also should be happy to provide emotional support and encouragement to anyone who is stressed or anxious, or even just need someone to talk to.

GPs may refer to the Eating disorders Unit at Addenbrookes hospital- again this too can be a very frightening prospect, but the unit is one of the best in the country. It is extremely, extremely rare that patients are entered as inpatients, and far more common for those suffering to receive support as an outpatient. You are not locked up or forced to do anything, but receive psychiatric help, support and counseling to help you on your route to recovery. The team is extremely professional and understanding of the wider issues of life and study Cambridge, and appointments can be arranged flexibly so as not to disrupt the rest of your life.

HELPLINES/ WEBSITES

B-eat is a national charity dealing with eating disorders and runs an amazing helpline to support both sufferers and carers:

B-eat Youthline: 08456 347650
TXT: 07786 20 18 20
fyp@b-eat.co.uk Online 1-2-1
Monday to Friday 4:30pm - 8:30pm
Saturdays 1:00pm - 4:30pm
Sunday ~ Closed
Bank Holidays 11:30am - 2:30pm

OTHER USEFUL PHONE LINKS:

Rethink: 01823 354879
Saneline: 0845 7678000
NHS direct: 08454647
Mind: 0845 660163
The Samaritans: 08457 90 90 90

WEBSITES

www.b-eat.co.uk
www.eating-disorders.org.uk
www.something-fishy.org
www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/eatingdisorders.aspx