

First Steps ED is a leading eating disorder charity providing **hope, opportunities, and choices** to individuals and families in recovery.

Support for Children and Young People

First Steps ED delivers specialist eating disorders support to children and young people aged 5 to 17 from one-to-one support with our specialist support officers, or attending any of our weekly CYP support groups and psycho-education workshops.



Following referral and assessment service users are able to access a range of support including:

- CBT-T (evidence-based one-to-one support for eating disorders)
- Psycho-education Groups

Support Groups

Each of our groups are designed by and for our young service users who want to gain a greater insight into their behaviours and how to manage their mental health within a positive peer group.

One-to-one Support

Each 45-minute session is designed to empower and motivate young people to overcome their struggles and take positive strides to improve their mental health, wellbeing and relationship with their body and food.

We take a whole-family approach to supporting a young person. Families are encouraged to refer into our workshops and therapeutic services to learn the knowledge and tools they need to be an important part of supporting a loved one. Ask us about our 'Skills for Carers' course today!

Referrals can be made by the young person, a parent, carer, or healthcare professional.



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