

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

We empower individuals and families to be in control of recovery through one-to-one professional and group support, recognising that whole families and support networks can be impacted by eating disorders.



## Supporting a family member?

Caring for someone with an eating disorder can feel overwhelming and it is common for relatives to feel it impact their own mental health. This is why it's important for parents and relatives to establish your own network and coping mechanisms during this time.

At First Steps ED, there are a number of support options available.

## Psychotherapy Services

Psychotherapy at First Steps ED is one of our core services and one which recognises the unique experiences of carers and family members supporting a loved one. Our team provides an understanding space to give you the time and freedom to talk.

## Workshops & Groups

'Skills for Carers'\* is a four-week course for parents, partners and siblings who wish to understand their role in a loved one's recovery. Our aim is to offer the skills, knowledge and tools needed to be an effective carer during any difficult or challenging moments. To learn more or register your interest, visit our website.

We also have our **monthly drop-in group** for parents and carers to get together online and share any successes or challenges they've experienced. It's a relaxed group, with no commitment to attend each month. To get involved, get in touch!

\*Our 'Skills for Carers' workshops are based on the New Maudsley approach and supported by Professor Janet Treasure (author of Skills-based Caring for a Loved One with an Eating Disorder: The new Maudsley method.)



[www.firststepsed.co.uk](http://www.firststepsed.co.uk) | Registered Charity 1185092 | @FirstStepsED

