

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

We aim to empower individuals and families to be in control of recovery through one-to-one professional and group support as well as inclusion in positive activities.



Psychotherapy Services

A safe, non-judgemental and understanding space to give you the time and freedom to talk. Our psychotherapists provide 1:1 therapy to individuals aged 16 and above with eating disorders.

Workshops & Groups

Our groups offer a safe and secure space for service users to share their own experiences and engage with others who might be in a similar situation. Participation will give attendees new skills, information and insight to help them identifying triggers and establishing new strategies and coping mechanisms.

Befriending

Befriending is our multi-award-winning 6-to-9-month weekly support programme, recognised by NHS England's National Integrated Personal Commissioning Team. We match a service user with one of our trained and supervised befrienders who volunteer to provide ongoing support up to twice a week. Befriending can provide flexibility and a level of anonymity, giving you the control of your own recovery.

Complementary Therapies

Many individuals seek out creative experiences and spiritual approaches to support their ongoing recovery to either complement or replace more traditional methods like talking therapies. We currently offer Reiki therapy and Kundalini Yoga.

It can take time to reach out for support and finding the confidence to speak to someone. Our website and resources are here for whenever you need it.



www.firststepsed.co.uk | Registered Charity 1185092 | @FirstStepsED

