

# ANYONE CAN BE AFFECTED BY AN EATING DISORDER.

AN ESTIMATED 1.25 MILLION PEOPLE ARE  
AFFECTED BY AN EATING DISORDER IN THE UK.



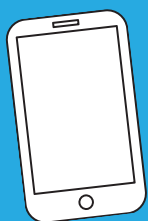
## FOR SUPPORT

Asking for help isn't always easy but your mental health matters.  
Start your journey with us today and make a referral.

(Referrals can either be for yourself, carer, parents, or professional support worker.)

## FOR SELF CARE

Follow us and join in with the conversation over on our social media channels where we share lots of useful advice and self care tips every week!



@FIRSTSTEPSED

## FOR MORE INFORMATION

Head over to our website for more information, including Disorders and Symptoms, how to donate and **First Steps ED** services and support.



[www.firststepsed.co.uk](http://www.firststepsed.co.uk)

# OUR SUPPORT SERVICES

WE AIM TO EMPOWER YOU TO BE IN CONTROL OF YOUR RECOVERY THROUGH ONE-TO-ONE PROFESSIONAL AND GROUP SUPPORT AND INCLUSION IN POSITIVE ACTIVITIES.

## WEEKLY SUPPORT GROUPS

Supported by group facilitators, our staff provide weekly Self-Help and Recovery Groups, as well as other positive activities.

To learn more about ongoing groups and events please contact the team on [info@firststepsed.co.uk](mailto:info@firststepsed.co.uk)

## STUDENT SERVICES (EDISS)

Our EDISS support is open to universities in England and Wales with funding from Student Space in partnership with Student Minds. Available until July 31st. Services including; befriending, peer support, counselling, and weekly groups, as well as drop-ins.

## BEFRIENDING

Our NHS England endorsed befriending service is accessible to all ages via email, telephone or video consultations (available to both our service users and carers.) This support is provided by our incredible team of volunteers, many of whom have their own experiences with mental health and eating disorders whether having struggled themselves or caring for a loved one.

## ONE-TO-ONE PEER SUPPORT (CBT-T)

Our 1:1 Peer Support is available to those under the age of 18. These sessions involve working on themes covering body image, self-esteem and developing coping strategies with one of our Specialist Support Officers.

## INTEGRATED COMMUNITY SUPPORT (ICS)

Our ICS service is available for service users with a direct referral from the NHS Derbyshire Eating Disorder Service or from Child and Adolescent Mental Health Services (CAMHS). This service can include, supported meals either at home or in a public place. To learn more about this service and if it is applicable, please email [info@firststepsed.co.uk](mailto:info@firststepsed.co.uk)

Due to a high volume of referrals our counselling service and private practice is temporarily closed. This will be reviewed July 2021.



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# RECOVERY FROM AN EATING DISORDER IS POSSIBLE.



**SUPPORT IS AVAILABLE.**

**FIRST STEPS ED IS THE MIDLAND'S EATING DISORDER  
CHARITY, PROVIDING HOPE, OPPORTUNITIES AND  
CHOICES THROUGH TO ANYONE AFFECTED BY AN  
EATING DISORDER.**

**Phone:** 01332 367571

**Email:** [info@firststepsed.co.uk](mailto:info@firststepsed.co.uk)

**Social:** @firststepsed

Visit [www.firststepsed.co.uk](http://www.firststepsed.co.uk) for  
more information about eating  
disorders, support services and  
to make a referral.



Charity no. 1185092



[www.firststepsed.co.uk](http://www.firststepsed.co.uk)

