

“STRENGTHENING THE CIRCLE”

**Common Mental Health Conditions Affecting Children and Young People
 (Categorisation: Public Health England, Dec 2016)**

Eating Disorders

What do you see?	How do you respond?
<p>With thanks to b-eat.co.uk</p> <ul style="list-style-type: none"> • Lips – are they obsessive about food? • Flips – is their behaviour changing? <ul style="list-style-type: none"> • Hips – do they have disordered beliefs about their body size? • Kips – Are they often tired or struggling to concentrate? • Nips – Do they disappear to the toilet after meals? • Skips – Have they started exercising excessively? 	<ul style="list-style-type: none"> • Be prepared for the conversation to be frustrating, and don't be surprised about denial • Be very patient and keep showing that you are happy to listen • Remember that it's not about food, it's about feelings • Help them to get the support they need • Don't allow yourself to take responsibility for their issue • It's ok to have conversations about food when a person with an eating disorder is in a general group • Think about how you can foster their sense of belonging, core self, coping mechanisms and learning
What resources will help?	
<p> https://www.b-eat.co.uk/ www.minded.org.uk http://www.themix.org.uk/mental-health/eating-disorders/eating-disorders-explained-5879.html https://youngminds.org.uk/search-results/?terms=eating+disorders </p>	
How do you support self-management?	
<ul style="list-style-type: none"> • Encourage them to get medical help • Work with the young person and the team around them so that the plan can be consistently and successfully implemented • Encourage them to take up activities that build their self-esteem • Encourage them to be part of group activities, just don't make a big deal of their eating patterns • Be thoughtful about what you say “anything that indicates we are heavier or healthier will be misinterpreted” 	
Immediate Medical Attention? Involve the GP as soon as it's obvious there is an issue	Referral? Yes. Recovery takes many months or years and early access to support is important