

## **Sussex Family Eating Disorder Service**

Are you concerned about the eating habits of a child or young person you know? Answering 'yes' to two or more of these questions is a possible sign of an eating disorder:

- Does food dominate their life?
- Have they lost control over how much they eat?
- Do they ever make themselves sick because they feel uncomfortably full?
- Have they recently lost more than 6.4kg over three months?
- Do they believe themselves to be fat when they're not? Or do they complain of bloating and tiredness?
- Are they eating excessively large quantities of food or restricting how much and/or the types of food they eat?
- Are they going to extremes to lose weight?

The Sussex Family Eating Disorder service works with children and young people, and their families, across East Sussex, West Sussex and Brighton & Hove to treat eating disorders.

The team includes psychologists, psychiatrists, nurses, dieticians and a paediatrician, who are experienced in supporting families affected by eating disorders. They look at the young person's physical health as well as their mental health, and work closely with them and their family to put together a treatment plan that helps them get back on track.

If you are concerned about child or young person you know you can either talk to your GP or contact the Family Eating Disorder Service on 01444 472670, Monday to Friday between 9am and 5pm.

The service is run by Sussex Partnership NHS Foundation Trust and full details can be found on their website [www.sussexpartnership.nhs.uk/eatingdisorder](http://www.sussexpartnership.nhs.uk/eatingdisorder)