

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have a distorted 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?

Online support

Visit beateatingdisorders.org.uk for information about eating disorders, and to access online support groups and one-to-one chat.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.

@BeatEDSupport

BeatEDSupport

[beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

EATING DISORDERS SUPPORT SERVICE	CONTACT
Devon Partnership Trust Adult Community Eating Disorder Service (CEDS)	01392 208713 dpn-tr.CommunityEatingDisorders@nhs.net
Children and Family Health Devon Eating Disorders Service	0330 0245 321 TSDFT.DevonSPA@nhs.net
Plymouth CAMHS – Eating Disorder Pathway	01752 435125
Eating Disorder Service Plymouth (adults)	01752 228027

Help for students
 Helpline: 0808 801 0811
 Email: studentline@beateatingdisorders.org.uk

Help for young people
 Youthline: 0808 801 0711
 Email: fyp@beateatingdisorders.org.uk

Useful links:

www.what0-18.nhs.uk/popular-topics/mental-health/mental-health-and-wellbeing

www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems

www.freedfromed.co.uk/freed-for-all