

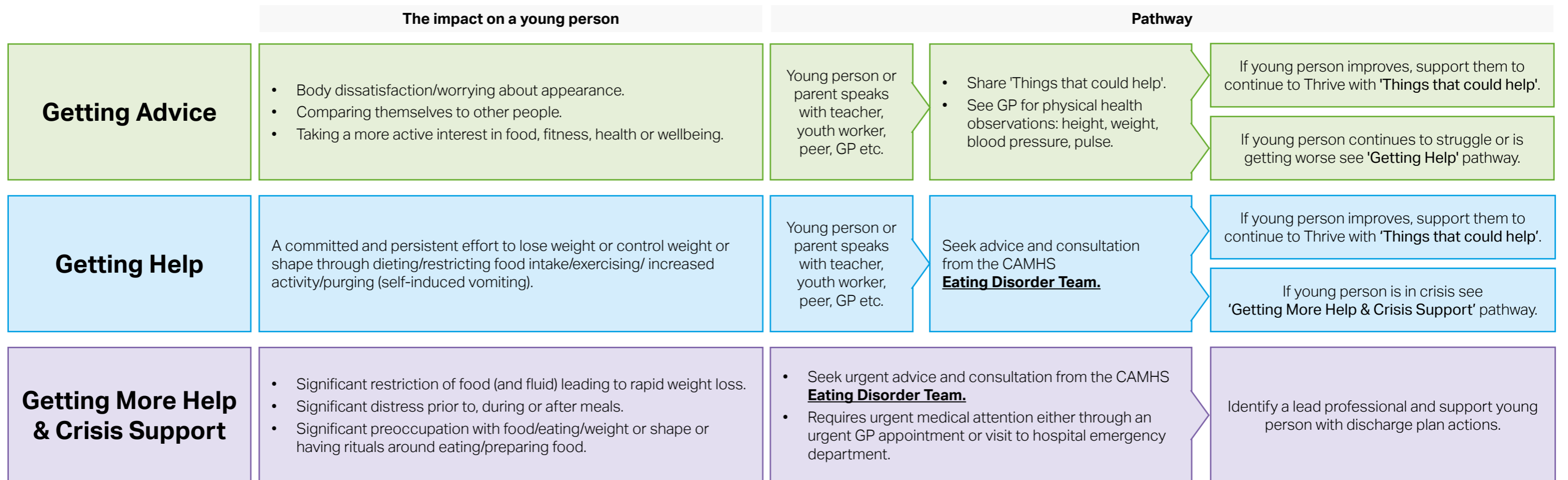
SEMH pathways to support: eating disorders

Quick reference guide for professionals, parents and carers

Further guidance on all areas of concern can be found at www.portsmouth.gov.uk/SEMHguidance

Things that could help

- **BEAT** is a national charity providing information, help and support for people affected by eating disorders. Support includes a helpline, online support groups and advice and guidance.
- **kooth.com** provides an online emotional health and wellbeing service for ages 11-18.
- The **Anna Freud Centre for Children and Families** and **Young Minds** provide a range of different types of support for children, young people, parents and their families.
- The Little Blue Book of Sunshine has tips on how to deal with problems such as anxiety, stress, body image, relationships and anger. It is available for free from **Google Play Store** and **Apple Books**.



Support services

CAMHS Eating Disorder Team:

The focus of the team is on anorexia, bulimia and binge eating disorders. They offer face-to-face, web-based and telephone support on a needs-led basis. Available Monday – Friday, 09:00 - 17:00. Please contact: 0300 123 6632

Version 1 January 2022

A partnership between