# 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 <a href="https://www.portsmouth.gov.uk/SEMHguidance">www.portsmouth.gov.uk/SEMHguidance</a>

## 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 <u>Anna Freud Centre for Children and Families</u> and <u>Young Minds</u> 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**.



### The impact on a young person

## **Getting Advice**

- Body dissatisfaction/worrying about appearance.
- Comparing themselves to other people.
- · Taking a more active interest in food, fitness, health or wellbeing.

## Young person or parent speaks with teacher, youth worker, peer, GP etc.

## • Share 'Things that could help'.

**Pathway** 

 See GP for physical health observations: height, weight, blood pressure, pulse.

## If young person improves, support them to continue to Thrive with 'Things that could help'.

If young person continues to struggle or is getting worse see 'Getting Help' pathway.

## **Getting Help**

A committed and persistent effort to lose weight or control weight or shape through dieting/restricting food intake/exercising/ increased activity/purging (self-induced vomiting).

Young person or parent speaks with teacher, youth worker, peer, GP etc.

Seek advice and consultation from the CAMHS

Eating Disorder Team.

If young person improves, support them to continue to Thrive with 'Things that could help'.

If young person is in crisis see 'Getting More Help & Crisis Support' pathway.

## **Getting More Help**& Crisis Support

- Significant restriction of food (and fluid) leading to rapid weight loss.
- Significant distress prior to, during or after meals.
- Significant preoccupation with food/eating/weight or shape or having rituals around eating/preparing food.
- Seek urgent advice and consultation from the CAMHS
   <u>Eating Disorder Team.</u>
- Requires urgent medical attention either through an urgent GP appointment or visit to hospital emergency department.

Identify a lead professional and support young person with discharge plan actions.

## **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

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