

## Contacting Us

For more information you can contact the team:

**Telephone no:** 020 8215 5270

**Team e-mail:** [elt-tr.ELCEDs-CYP@nhs.net](mailto:elt-tr.ELCEDs-CYP@nhs.net) **Website:** [www.camhs.elft.nhs.uk](http://www.camhs.elft.nhs.uk)

**Hub based at:** Emmanuel Miller Centre, 11 Gill Street, Isle of Dogs, London E14 8HQ

## Referrals

We recommend that you make an appointment with your GP to discuss a referral. Alternatively you can visit our website for self-referral information at [www.camhs.elft.nhs.uk](http://www.camhs.elft.nhs.uk)

## What Can I Do Now?

Whilst we deal with your referral, here are some other sources of support:

### Websites

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) - Eating Disorder Charity that offers support

[www.nhs.uk/conditions/eating-disorders](http://www.nhs.uk/conditions/eating-disorders) - For further information

[www.youngminds.org.uk](http://www.youngminds.org.uk) - The voice for young people's mental health

### Helplines

B-eat Youthline: **0845 634 7650** ChildLine: **0800 1111**

If things are getting worse make an emergency appointment with your family doctor. If you feel you are in crisis and have concerns around keeping yourself safe, you should be assessed by your doctor or seen in your local A & E department who can then consult with specialist out-of-hours CAMHS staff.

## Confidentiality

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk.

## Compliments, Comments and Complaints

We welcome feedback about our services so please contact the Patient Advice and Liaison Service on Freephone **0800 0131 223** or email: [PALS@elft.nhs.uk](mailto:PALS@elft.nhs.uk).

If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team. If you wish to make a complaint, you can call Freephone **0800 085 8354** or email: [PALSandComplaints@elft.nhs.uk](mailto:PALSandComplaints@elft.nhs.uk) or write to:

Complaints and PALS Manager, FREEPOST RTXT-HJLG-XEBE, Trust Headquarters, 9 Alie Street, London E1 8DE

**Under 18?**

"I can't stop eating"

"I'm always worrying about my weight"

"My eating feels out of control"

"I avoid foods that will make me fat"

**... need advice about eating?**

"My parents have noticed me skipping meals"

"I just want to be thin"

**Community Eating Disorder Service for Children and Young People**

## What are Eating Disorders?

A lot of young people worry about their body weight, body shape or eating. For some, these worries become an obsession which can turn into a serious eating disorder.

Someone with an eating disorder might compulsively diet or skip meals in order to lose weight. Regularly overeating and experiencing loss of control over what, when or how much to eat can also be signs of an eating problem.

**Anorexia Nervosa (AN):** Someone with anorexia nervosa worries all the time about food, eating, body weight or body shape. Behaviours such as eating very little or over-exercising can lead to them losing a lot of weight.

**Bulimia Nervosa (BN):** Someone with bulimia nervosa also worries a lot about body weight and body shape. They alternate between eating next to nothing, and then having binges when they over-eat and feel out of control. They may vomit or take laxatives to control their weight.

**Binge Eating Disorder (BED):** Someone with binge eating disorder has frequent episodes of binge eating, often feeling out of control of how much they're eating, and feeling uncomfortably full or ashamed.

**Eating Disorder Not Otherwise Specified (EDNOS):** This is when someone has considerable difficulty and distress around eating. Some but not all of the features of AN, BN or BED are present.

## Anyone can develop an eating disorder.

They can happen in young people of all backgrounds and cultures.

Eating disorders are not exclusive to girls and young women. Boys and young men can also be affected.



## What is the Community Eating Disorder Service for Children and Young People?

This is a team of professionals set up to help young people up to the age of 18 in East London who are experiencing issues with food, eating, body shape and weight concerns. It is part of the Child and Adolescent Mental Health Service (CAMHS) who are the point of access into our service. We accept referrals from GPs, healthcare professionals, schools and colleges. We also accept self-referrals from young people, parents and carers.

### Who are we?

All clinicians have a relevant professional qualification and experience working with young people and their families.

Members of the team include:

- **Dietician** Offers advice about food choices and lifestyle.
- **Therapists** Talk to you to help make sense of your difficulties and develop positive skills.
- **Family Therapists** Offers your family a supportive space to talk about their experiences.
- **Paediatrician** A doctor who specialises in the health of young people.
- **Consultant Psychiatrist** A senior doctor who oversees the emotional and physical wellbeing of young people.

**We work and listen respectfully and non-judgementally**



### What will happen next?

If we are the right service for you, you will be offered an appointment within 15 days of us receiving your referral. We will meet with you to talk about your current difficulties and decide on the best way to support you and your family.

If we are aware of another team or a different service that can help you more we will talk to you about this.

If you are offered treatment by our team this will be tailored to your individual needs. The support we offer includes individual talking therapy, family therapy, advice on meals & nutrition and groups where you can learn skills to cope.

We will work closely with your GP to manage your physical health and as part of the process you may be directed to them for a physical health check.