

Eating Disorders

What Are Eating Disorders?

Eating disorders are serious mental illness that can affect anyone of any age at any time. They often thrive in secrecy so it is important to spot symptoms and get professional help as soon as possible.

BEAT Helpline Services

<https://www.beateatingdisorders.org.uk/edaw>

BEAT is an online support service which can help if you, or someone you love, is suffering from an eating disorder or experiencing symptoms.

Contact is available online or by phone 365 days a year, and they offer online support groups to ensure you're not alone.

FIND OUT MORE

Eating Disorders and Coronavirus

Coronavirus is understandably causing a lot of stress and anxiety for our young people, and we know that things may feel very uncertain right now.

Beat's Youthline is a member of Child Helpline International, a network of over 180 organisations supporting children via helplines in 139 countries all over the world.

Calls to this helpline are free from landlines and mobile phones within the UK and do not appear on itemised bills

Helpline: [0808 801 0677](tel:08088010677)

Studentline: [0808 801 0811](tel:08088010811)

Youthline: [0808 801 0711](tel:08088010711)

Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Sometimes lines are busy. If you can't get through immediately, please do try again or try the [one-to-one web chat](#).

If you are in need of urgent help for yourself or someone else outside of Helpline opening hours, please contact [999](tel:999) or the Samaritans on [116 123](tel:116123) if you or someone else is in immediate danger.

If you have any further concerns or questions please contact a member of the safeguarding team here to support you at De La Salle

safeguarding@delasalleschool.org.uk