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**Themes:** Addiction, Children's Mental Health, Children with Specific Health Conditions, Counselling, Mental Health, Specific Health Conditions

**Aimed at:** All People

You or a loved one don't have to suffer in silence.

Full recovery from an eating disorder is possible, though recovery can take time, and can be different for different people. It might be hard not to compare yourself to other people in recovery, but try not to, as each journey is different.

We provide non-clinical early intervention and prevention services that complement the NHS and Public Health in the community:

poor body image and body dissatisfaction

low self-esteem and self-confidence

feelings of worthlessness and loneliness

suicidal thoughts and acts

depression, anxiety and other psychological disorders

maladaptive eating patterns (disordered eating and eating disorders)

avoidance of physical activity

stress-induced pathophysiology

avoidance of medical care

Self-help tips for recovery

Express your feelings and don't be afraid to ask for help

Write your feelings down if you struggle to talk about them or draw a picture if you'd prefer that

If you're feeling low find things you can do to calm yourself, listen to music, go for

a short walk, pet your dog, colour a picture

Write down positive qualities about yourself when you have a good day, so if you have a bad day, you can reflect on them

Learn something new that takes you away from your eating disorder

Keep busy after meal times

Don't constantly compare yourself to other friends in recovery, it can be helpful to use stories for inspiration but you are an individual and will find your own path

Think about your feelings when you're feeling negative as well as when you're feeling positive. Write a list of both and then when you're feeling like you're struggling read through those positive thoughts

## Our support services

We aim to empower you to be in control of your recovery through one-to-one professional and group support and inclusion in positive activities.

Children requiring support, and parents and carers providing support for children can access our services at no cost. As a charity, we are funded by the generosity of people whose contributions allow us to provide these services free of charge.

Adults may contribute to ongoing support we provide when accessing any of these services to enable us to keep the services available for those in need.

## Counselling and Psychotherapy

NHS Integrated Community Services

Befriending

Eating Disorders in Student Services (EDISS)

Children and Young People (CYP) Service

All Ages Support Group

Kundalini Yoga

Reiki Therapy

A safe, non-judgemental and understanding space to give you the time and freedom to talk.

Our counsellors and psychotherapists provide 1:1 therapy to individuals aged 16 and above with eating disorders and general mental health difficulties.

Psychodynamic – Humanistic – Person-Centred – Integrative – Solution-Focused Therapy (SFT) – Cognitive Behavioural Therapy (CBT) – Creative Arts Therapy – Counselling and Psychotherapy Placements for students.

**Area:** Bassetlaw

## Contact Details

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