

# Help and Treatment for Young People with Eating Disorders

Lancashire have set up a new service to help with eating disorders. They are working with LGGS and we hope that they will be able to deliver more support in school to educate young people and parents about eating disorders. Any parents or young person can contact the service directly using Ellen Ronson's details below for a confidential chat.

## Ellen Ronson

**Address:** North Team Leader, Lancashire Eating Disorder Service

**Tel:** 01772 647004 or 01253 951640

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+ The Oxford Annex, Oxford Street, Preston, Lancashire PR1 3SG



Parents might find the following information from the beat website useful.

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

The key message is that it is important to seek help early and not wait until your daughter becomes very ill. There are also other useful resources on the LGGS website in the parental support section.

It is usually very difficult for people with eating disorders to get better on their own, so it is important that you or the person you know finds professional help and support as soon as possible. The sooner someone is treated for an eating disorder, the better their chance of making a full recovery.

We know that gaining access to treatment isn't always as straightforward as we would like it to be, and you might find that you're faced with a wait before getting NHS treatment. In these instances, do remember the support services on offer through Beat. You could use our message boards, access our support groups online, contact our Helpline, open 365 days a year, or use HelpFinder, our online directory, to search for services near to you, including private treatment.

## **The first port of call when looking for help is your GP.**

It is an incredibly brave thing to speak out and ask for support, and if it is something you're anxious about, you can speak to our Helpline about your worries.

- You could also talk to a friend, a family member, or someone at school, university or work.
- You could ask them to visit the GP with you if you are worried about going on your own.
- You can read more about telling someone you have an eating disorder by visiting the website above.
- Your GP (and sometimes other members of the primary care team, like your practice nurse) will play an important part in this first step of identifying your eating disorder. If your GP suspects you have an eating disorder, they should refer you immediately for further assessment or treatment by a specialist eating disorder service.