



## EATING DISORDERS COUNSELLING AND SUPPORT SERVICE

Helpline: (01582) 457474  
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### **EATING DISORDERS - GETTING HELP**

If you have, or someone that you are concerned about has, an eating problem, then you should seriously consider whether or not some help would be useful.

#### **When thinking about whether or not to seek help, remember that...**

1. The first step to treatment is recognising that there is a problem.
2. The problem is most effectively treated if recognised in its early stages
3. In some cases eating disorders can be life-threatening

#### **Who to seek help from - the choices...**

1. Contact your doctor who will either be able to offer help directly or refer you to an appropriately qualified and experienced specialist.
2. Contact your local self-help group or telephone help-line.
  - **Caraline** is the Bedfordshire based eating disorders support service, which was founded by a former sufferer.
  - **Caraline** offers a self-help support group, a telephone help-line, individual counselling sessions by appointment, and support for carers.
  - The Eating Disorders Association provides a list of local support groups and offers a telephone help-line service on 01603 621414.
3. Contact your local specialist community mental health team who will arrange appropriate help following an assessment of the problem.
  - In most cases your doctor will usually need to refer you to this team.

The initial step to overcoming an eating disorder is to make contact with a service that can help you and being prepared to talk about the problem and how it developed. Most people living with an eating disorder can be helped without the need to be admitted to hospital.

**FOR FURTHER INFORMATION CONTACT THE CARALINE HELP-LINE ON  
(01582) 457474 FROM 10AM-3PM MONDAY TO FRIDAY.**

"CARALINE" CENTRE FOR EATING DISORDERS THERAPY & EDUCATION  
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