

Extra resources and support



You may consider:

- Speaking to your parents / carers / teachers
- Speaking to a friend



Extra resources/support:

BEAT

[The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)



Young Minds

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](http://YoungMinds.org.uk)



For when you need support with how you are feeling out of hours:

Kooth

Online digital platform with live counselling options

[Digital Mental Health Care - Kooth plc](http://DigitalMentalHealthCare.co.uk)

Night Owls

Night OWLS is a confidential support line, 8pm to 8am every night for all children, young people, and parents/carers in West Yorkshire. Call 0800 148 8244; Text 07984 392700; Chat on wynightowls.org.uk



Kirklees & Calderdale CAMHS Eating Disorder Team

Keeping us informed:

If there are any significant events in regards to a change in physical or

mental health, please keep us informed via telephone:

Call our service to speak to a duty clinician (between

the hours of 9am to 5pm) on:

Kirklees: 01484 343783
Calderdale: 01422 262380



Calderdale and Kirklees CAMHS Eating Disorders Service

While you are waiting ...

Information to support young people and families waiting for an Eating Disorder Assessment

With **all of us** in mind.

We know that awaiting an assessment can be a stressful and anxiety provoking time for families. In this booklet, you will find some

practical advice as to monitoring physical health and managing distress and worries whilst you wait for your appointment.

Physical symptoms

Below, you will find a traffic light system of symptoms which those with an Eating Disorder may experience. If you notice these symptoms, we would urge you to:

- 1 – Respond as per instructions below
- 2 – Keep us informed so we are able to review risk and re-triage your assessment appointment if needed

New or progressing symptoms which should be presented to your GP:

Light head / dizzy spells
Loss or reduction of menstrual periods
Skin that is becoming dry/damaged/broken
Indigestion
Abdominal pain
Pallor with increased lethargy/tiredness
Puffy swollen face or ankles
Constipation or prolonged diarrhoea

Symptoms which should prompt a medical review within 24 hours:

None or significantly reduced fluid intake over 24 hour period
No passage of urine for 24 hours
Infections causing fever, distress or lethargy
Illness, reducing oral intake of fluid or food
Unable to stand from sitting without difficulty
Increasing exercise by more than one hour a day
Regular vomiting
Isolated palpitations of less than five minutes with no other symptoms (eg breathless or chest pain)

Symptoms which should prompt a 999 ambulance call:

Breathing difficulties	Vomiting with large or recurrent blood
Episode of collapse	Reduced consciousness
Palpitations with dizziness or chest pain or other symptoms listed as red	Significantly altered behaviour eg confused or delirious

Exercise

Where possible, it is important to limit or stop exercise to protect from any further physical health deterioration whilst awaiting your assessment.

It might be helpful to consider what else this time can be filled with (distraction, activities).

Eating

Challenges with food and eating can vary for different people. It is important to try and normalise food and mealtimes as quickly as possible when someone is experiencing these challenges and finding it hard to make choices in the interest of their own health.

As a parent, you may experience disruption, arguments, upset and perhaps negotiation around food and mealtimes. Your instinct to feed your child is right, and to support your child in restoring the consistency around mealtimes you should consider assuming responsibility for all decisions around food for the time being.

Planning and organisation of meals

All families are different in the way they plan and organise meals. Although there is no right or wrong way, evidence suggests that when someone in the family develops an eating difficulty, recovery is promoted by parents/carers taking control of the organisation and preparation of meals.

Here are some suggested ways to support this:

- **Set a regular time to plan meals for the week** This will allow for consistency and predictability which can decrease a young person's anxiety/worry about mealtimes
- **It can be helpful for the adults in the family to agree and set consistent rules around eating** For example, eating at the table, eating together at a set time, eating the portion that is given to you
- **Do not weigh or measure quantities of food** This can help break some of the rigid rules which can be set by someone with an eating difficulty
- **Give the young person a '5 minute warning'** of when a meal/snack is to be served this allows them to prepare and to be ready to sit down at the table.

Managing mealtimes

What can work well:

Staying calm It is very difficult not to blame yourself or the young person, but eating difficulties are no-one's fault.

Sticking with it Mealtimes can often become exhausting and non-stop, ending in conflict. You may all feel like shouting or walking off. Try to stay seated and take some deep breaths before continuing.

Be a role model Where possible eat the same foods with your young person.

Chat about everyday things This can help to decrease anxiety and distract everyone from the meal. Encourage all of the family to join in.

Offer encouragement and praise Some young people find it difficult to hear praise, but others do not. It is best to ask if you aren't sure. Some examples of what you can say are: "I believe in you, I know you can do this."

Keep the eating environment consistent You might want to discuss as a family what suits you all. Perhaps it is that you sit at the table for all meals during the week and then have teas on knees in front of the TV at the weekend. Do what feels best in supporting your family to eat together.

Things to avoid:

Discussing food and/or emotions During the mealtime this can quickly become overwhelming and make it difficult for the young person to eat.

Managing after mealtimes

Often, post mealtimes are the most distressing for a young person with eating difficulties and they may manage this through unhelpful behaviours including jiggling, moving around a lot, going to the toilet or exercising. Other ways of managing these overwhelming thoughts and feelings could include:

Watching TV together

Listening to music

Playing a game

Relaxation

Washing up together



If difficulties continue to arise after mealtimes, it might be helpful to set aside some time to talk about this together. You might choose to do this daily or weekly, to get an understanding of what is going on for the young person at the mealtime.