



Children and Young People with Eating Disorders



Manchester University
NHS Foundation Trust

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What is MSEDS?

- We are a specialist community eating disorder service for children, young people and their families and we are based within several Child & Adolescent Mental Health Services (CAMHS) across the Manchester & Salford area.
- We accept self-referrals as well as referrals from Professionals. We aim to see all new referrals within four weeks.



Who is it for?

This service is for any young person (aged up to 18 years) who is experiencing eating or body image distress. Difficulties may include:

- ❖ Weight loss or unusual weight changes
- ❖ Missing meals, avoiding certain foods, eating very little
- ❖ Eating large amounts of food or eating in secret
- ❖ Going to the bathroom straight after meals
- ❖ Being preoccupied about food labels, counting calories etc.
- ❖ Using vomiting, exercise or slimming pills and other things to control weight
- ❖ Body image, weight or shape concerns



What happens at MSEDS?

- We offer an initial meeting for young people & their Parents/Carers to discuss what the eating and/or body image issues may be. Young people will be given the chance to be seen alone too. This meeting may last up to 2 hours.
- We then agree together what the next steps may be in terms of help & support & decide who should be involved in this.



How can MSEDS help?

We offer a range of different services:

- ❖ **Assessment:** This is the first step in understanding what the difficulties are being faced. This is a face to face meeting. Sometimes we see young people & families once only—it all depends on need.
- ❖ **Therapeutic Interventions:** If the young person wants to access help & support for their eating distress or body image concerns then we can offer a range of individual, group or family based therapies & interventions.
- ❖ **Dietetic Support & Advice:** A Dietician's job is to help young people & families to understand the nutritional & physiological impact that disordered eating can have. Some young people may need bespoke meal plans, some may need advice about portion sizes or appropriate foods.
- ❖ **Physical Health Monitoring:** This is done by measuring height & weight and checking blood pressure & pulse. Sometimes young people may need blood tests & other medical investigations & we can arrange this if necessary.
- ❖ **Consultation & Training:** We can offer support & advice to schools, colleges, GPs & other professionals as well as bespoke training packages about a variety of eating disorder and body image related issues to professionals, young people & Parents/Carers.



How can MSEDS be contacted?

- Members of the MSEDS team can be contacted on **0161 701 5500/0447** for advice and support or to take referrals over the phone.
- We operate a Duty Worker system where someone will take some contact details from you and then the Duty Worker will call you back when they are free.
- MSEDS operates between the hours of 9am-5pm Monday-Friday.
- Unfortunately we are unable to provide an emergency service and in such situations you should contact either your GP or attend your nearest A&E.



CASE 1

- You have heard from other people that Laura, who is 16, seems to have lost weight and is not eating much. When you meet with Laura she tells you she decided to be a vegan after a healthy eating lesson in school. She just eats healthier now and she eats less because she gets full quickly and has stomach cramps. She continues to play netball for the school team and she says there's nothing to worry about. She doesn't want you to talk to her parents.



CASE 2

- You receive a phone call from the parents of Megan. They have received a letter that says she is overweight and since she read it she has not been herself. She is tearful and often says she hates herself. Parents say she is spending long periods of time in the toilet. Megan is 11 years old.



CASE 3

- John is 14 and you notice he has some marks in his arms. He lives at home with his mother, who works full time and is very busy. John has always been polite and solitary but recently he has been having severe mood swings and arguments with his peers. He is a fussy eater and has never enjoyed food. John tells you he worries about food getting stuck in his throat having witnessed a relative choking.

Any Questions?

