



HEALTHY TEEN MINDS

Understanding: Eating Disorders

A half-day introductory workshop to explore the issue of eating disorders in children and young people

Course Objectives & Benefits

By the end of the day participants will gain:

- Insight into the development of eating problems in young people
- An understanding of the different types of eating disorders and the signs and symptoms
- Practical strategies to engage and support young people with eating disorders
- Knowledge to aid early identification of eating disorders
- Confidence to support colleagues, parents/carers and young people in responding to eating disorders
- Information on treatment and care offered by CAMHS (Child & Adolescent Mental Health Services)

Suggested Audience

Professionals who work with young people and/or parents carers in various settings including schools, youth projects, children's homes, voluntary agencies and community organisations (including health visiting and policing).

Contact

If you have any additional questions or would like to inquire about the cost for Healthy Teen Minds to deliver training on site to your team please contact Robin on the details below.

Robin Barker
Director, Healthy Teen Minds
Senior Mental Health Nurse

robin@healthyteenminds.com

Tel. 07743940180