**EATING DISORDERS**

*What are eating disorders?*

Eating disorders are a complex array of conditions that can affect someone physically, psychologically and socially. They can include anorexia, bulimia and binge eating disorder. Anyone can develop an eating disorder, regardless of their age, sex or cultural background. A whole range of different factors combine such as genetic, psychological, environmental, social and biological influences.

*How to get help*

Speak to any member of College staff or speak to the College Safeguarding Team on 01226 216142 or via email at [safeguarding@barnsley.ac.uk](mailto:safeguarding@barnsley.ac.uk)

*Other support*

South Yorkshire Eating Disorders Association (**SYEDA**) – 0114 272 8822

B-eat (beating eating disorders) - 0808 801 0677 or Youthline on 0808 801 0711 or [www.b-eat.co.uk/about-eating-disorders](http://www.b-eat.co.uk/about-eating-disorders)

nspcc.org.uk – 0808 800 5000

ChildLine – 0800 1111 (24 hours)