**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 disorders.

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 216 142 or via email at safeguarding@barnsley.ac.uk

*Other support*

[South Yorkshire Eating Disorders Association](http://www.syeda.org.uk) (**SYEDA**) – 0114 272 8822 or

[Beat (beating eating disorders)](http://www.beateatingdisorders.org.uk)

Helpline: 0808 801 0677

Studentline: 0808 801 0711

Youthline on 0808 801 0711

[Young Minds](http://www.youngminds.org.uk)

[MIND](http://www.mind.org.uk) – 0300 123 3393

<nspcc.org.uk> – 0808 800 5000

Childline – 0800 1111 (24 hours)