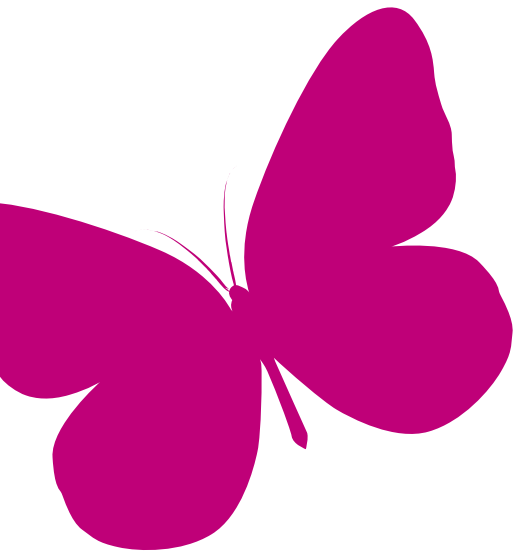


Treatment and support

If we accept a young person into the service, we will make recommendations about the type of help we can offer. This may include carers' psychoeducation groups, individual physical health checks for the young person, or family based treatment which will include regular appointments for the whole family.

If we do not accept a young person into the service, we will ensure that the most appropriate community support is found. This could be through the young person's school, another specialist mental health service or by a follow up with their GP.



Contacting CYP-FEDS

For advice on whether a child or young person meets the criteria for treatment from CYP-FEDS

Tel: **01444 472670**
(Monday to Friday between 9am and 5pm)

Email: **FEDS@sussexpartnership.nhs.uk**

For more information about the service that we provide, please go to:

www.sussexpartnership.nhs.uk/eatingdisorder



Sussex Partnership
NHS Foundation Trust



**Sussex Children, Young People
and Family Eating Disorder Service**



Who are CYP-FEDS?

The Sussex Children, Young People and Family Eating Disorder Service (CYP-FEDS) supports children and young people aged 10-18 years old across Sussex, who are experiencing an eating disorder. As a service we work to ensure that anyone with an eating disorder, and their parents or carers, has equal access to treatment, regardless of their background, beliefs or individual circumstances.

We work in different clinics across Sussex, as well as at Chalkhill in Haywards Heath.

What is an eating disorder?

Eating disorders are mental disorders, which are characterised by a preoccupation with food and/or body weight, body shape and harmful eating habits. If untreated, an eating disorder can begin to dominate the person's life and impact their physical health, social wellbeing, education and relationships.

If a young person answers 'yes' to two or more of the following statements, it could be an indicator of an eating disorder:

- Do you make yourself sick because you feel uncomfortably full?
- Do you worry you have lost control over how much you eat?
- Have you recently lost more than one stone in a three month period?
- Do you believe yourself to be fat when others say you are too thin?
- Would you say that food dominates your life?

What conditions is CYP-FEDS able to treat?

The three most common eating disorders are anorexia nervosa, bulimia nervosa and binge eating disorder. We also treat avoidant/restrictive food intake disorder.

Anorexia nervosa (AN)

Characterised by restrictive eating which results in severe weight loss. This may be accompanied by other weight control measures, such as excessive exercise.

Bulimia nervosa (BN)

Characterised by the consumption of unusually large amounts of food, accompanied by a sense of having a lack of control over eating (binge).

Binge eating disorder (BED)

This is diagnosed when binge eating occurs in the absence of other compensatory behaviours.

Avoidant/restrictive food intake disorder (ARFID)

This is a newer diagnosis, where the person restricts or avoids food, without the associated shape or weight concerns.

How can my child be referred to CYP-FEDS?

A referral can be made by a young person, a parent/carer, a GP, school, paediatrician and by Child and Adolescent Mental Health Services (CAMHS). However, we recommend that the young person sees their GP first as they can help in making the decision about whether they meet the criteria for treatment. The GP can also advise on an alternative diagnosis or explanation for the young person's eating issues, and can assess and give advice on any other physical risks or health problems.

Following an appointment, the GP will make the referral and provide additional information to enable us to make a more accurate decision and avoid unnecessary delays.

