

Does your weight or how you look affect the way you feel about yourself?

Do you worry that you have lost control over how much you eat?

Do you do something to compensate if you feel you have eaten too much (make yourself sick, over-exercise or take laxatives)?

Worried about your eating habits?

BULIMIA

BINGE

SECRETS

Over-Exercising

WEIGHT

RESTRICT

SHAME

VOMITING

EATING

WORRY

SAD

CONTROL

MAKING
YOURSELF
SICK

LAXATIVES

South London **NHS**
and Maudsley
NHS Foundation Trust

If you are younger than 18 years old and worried you might have Bulimia or another eating problem, professional help is available.

Call the Child and Adolescent Eating Disorders self-referral telephone line on:

020 3228 2545

Monday to Friday - 9am - 6pm

Or make a referral to the service online at:

www.maudsleycentre-cyp-eatingdisorders.co.uk

You, your parents, teachers or GP can call our service or refer online to access professional support if you are registered with a GP in:

**Southwark, Lambeth, Lewisham, Croydon,
Greenwich, Bexley or Bromley**

Search online for

SLAM CAMHS Eating Disorders

to find out more.

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