

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)?

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

Make a referral to the service at:  
[www.maudsleycentre-cyp-eatingdisorders.co.uk](http://www.maudsleycentre-cyp-eatingdisorders.co.uk)

or call the Child and Adolescent Eating Disorders self-referral telephone line on

**020 3228 2545**

to access professional help and support

Worried about your eating habits?



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.

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