

EATING DISORDERS & SELF-HARM



THE FACTS:

- Eating disorders and self-harm can often be a way to manage difficult feelings and experiences, feel more in control or relieve stress
- The reasons behind eating disorders and self-harm are **different** for everyone and may include: bullying, family problems, abuse, pressure to achieve or feeling isolated
- Eating disorders and self-harm should never be seen as attention seeking; it is a sign that someone is **unhappy**
- Many people think that only young women are affected but more young men are now seeking support
- Approximately **725,000** people in the UK have an eating disorder; **11%** of those affected are male
- **1 in 12** young people have self-harmed at least once

WHAT IS SELF-HARM?

- / Cutting
- / Burning
- / Putting yourself in risky situations
- / Hurting yourself without wanting to die
- / Overdosing
- / Swallowing sharp objects or harmful substances
- / Banging your head

WHAT IS AN EATING DISORDER?

- / Difficulties around food e.g. cutting out certain foods, relying on protein shakes to 'bulk up' or only eating 'healthy food'
- / EDNOS (Eating Disorders Not Otherwise Specified)
- / Bulimia
- / Binge eating
- / Anorexia

TIME TO TALK

GETTING SUPPORT

Self-harm can feel helpful at first but many young people say that it feels like an addiction and the urge to self-harm can make you feel out of control. Eating disorders can be difficult to recover from on your own. **Getting support is essential:** talk to someone you trust - a friend, family member, teacher, youth worker, a doctor or 42nd Street. The important thing to remember is that you are **not alone**.

42nd Street supports young people across Greater Manchester, aged 13-25. We offer one to one support, counselling & therapy, a creative programme, projects & activities. **You can** refer yourself or ask someone you trust to refer you.

We can **help** you to:

- Find positive ways to cope with the things going on in your life
- Advocacy – get your voice heard
- Make sense of what has happened in your life

Useful websites and helplines:

www.childline.org.uk

Information and free-phone helpline (0800 1111). Text and email support

www.selfharm.co.uk

For young people aged 11-19

www.selfinjurysupport.org.uk

Helpline and text support to girls and young women who self-harm

www.b-eat.co.uk

Beating eating disorders (B-eat) – information, helpline, message boards and online support

www.youngminds.org.uk

Information & Youthline: 0345 634 7650



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