

YOUNGMINDS

Provides free 24/7 support

Text: YM to 85258

Provides lots of information and

DITCH THE LABEL

YOUR WORLD, PREJUDICE FREE

Provides lots of information

Advice and support forums



Provides free 24/7 support

Call for free

Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

People

Safe relationships,
Good people are you.

Purpose

A purpose in life,
A great education built for you.

Place

A good place to live,
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy
Kilhams Way
King's Lynn
Norfolk
PE30 2HU

01553 887330



The Fen Rivers Academy

Part of the Catch22
Multi Academies Trust

'Every interaction a conscious intervention'



Problems with eating?



All about eating

We all like different foods, have different tastes and eat different amounts. There are times when we will eat more or less and how much we eat can be affected by things happening in our lives. An example of an event that could affect our eating is if we are feeling nervous about taking a test or we have fell out with a friend. The feelings we get from these events may result in us not feeling as hungry as we normally would. However, once we have taken the test or made up with our friend our hunger often returns.



It is 'normal' to think about food, think about what you are having for your lunch or get cravings for certain food.

At times you might think about eating more healthily and at other times you might treat yourself to chocolate or sweets.

However, if you think about eating, or you think about food most or all of the time, it may be time to speak to someone about how you are feeling and get help and support.

Signs of an eating problem

- Hiding when you are eating
- Hiding food
- Feeling scared to put on weight
- Making yourself sick
- Eating when you are not hungry
- Only allowing yourself to eat little bits of food
- Skipping lots of meals
- Extreme worries about your body size and shape
- Worried about eating food

Why do people have eating problems?

There are lots of reasons why people have eating problems. Eating problems can affect anybody and has affected celebrities such as Ed Sheeran and Zayn Malik.

How can I help myself?

- Talk to someone you trust
- Stop looking at things that make you feel bad about yourself
- Look for any triggers you have

What other support is there?

Remember it takes courage to ask for help but you deserve that help and support

There is lots of support out there for you

kooth

On Kooth you can



They will chat to you online using a live chat facility or you can send them a message

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Your Organisation

Childline are here to talk to you

24/7

Chat online

Call free