



Advice for Parents & Carers

About disordered eating, over-exercising or body image issues ...

If this is a concern, a good first step is to take your child to the GP to check their weight, height and BMI. Your GP may also suggest a blood test to check other vital health considerations which may be indicative of a problem. This data can help you and other organisations make informed decisions.

For Bromley borough, the Child and Adolescent Eating Disorders Service is based at the Michael Rutter Centre at the Maudsley Hospital. They now have a self-referral telephone line for young people and their parents/carers, open 9am-6pm: 020 3228 2545.

Referrals can also be made via their website, which additionally has information about eligibility criteria and interventions offered:

[NHS SLAM – Eating Disorders](#)

If you have some concerns about the young person's eating/weight, but emotional difficulties are the main presenting issue, a referral to [Bromley Y](#) may be the right first step.

Helpful resources:

BEAT : <https://www.beateatingdisorders.org.uk/>

Where there is a lot of useful information about eating disorders generally and a helpline service.

[*Young Minds: Supporting Your Child with Eating Problems*](#)