

EAST LONDON COMMUNITY EATING DISORDER SERVICE (ADULTS)

Are you often thinking about your weight or how you look? Do you feel anxious about food or how you are eating?

If you are, you are not alone.

At least **1.25 million people** in the United Kingdom experience what is known as an "eating disorder".



Sometimes we can have issues with food and how we feel about our bodies or weight.

Some of us may struggle to eat enough. Some of us may feel that we cannot stop eating.

We may feel a lot of shame around how we eat or how we look.

If these issues are affecting you, we can help.



Visit our website for more information:

www.elft.nhs.uk/services/east-london-eating-disorder-service-adults



**We care
We respect
We are inclusive**