

First Steps ED is a leading eating disorder charity providing **hope, opportunities, and choices** to lives affected by eating difficulties and disorders.

Support for Children and Young People

First Steps ED delivers specialist eating disorders support to children and young people aged 5 to 17 from one-to-one support with our specialist support officers, or attending any of our weekly CYP support groups and psycho-education workshops.

We also work in partnership with other local services to help provide a variety of support options and signposting for families and their children, including our 'Skills for Carers' course for parents, partners and siblings which helps them learn the knowledge and tools to be an important part of supporting a loved one.



Following referral and assessment service users are able to access a range of support including:

- CBT-T (evidence-based one-to-one support for eating disorders)
- Psycho-education Groups

One-to-one Support

Each 45-minute session is designed to empower and motivate young people to overcome their struggles and take positive strides to improve their mental health, wellbeing and relationship with their body and food.

Referrals can be made by the young person, a parent/ carer, or healthcare professional. [Click here to get started.](#)

Support Groups

Each of our CYP groups are designed by and for our young service users who want to gain a greater insight into their behaviours, body image and how to manage their mental health within a positive peer group environment.

Ask the team for information about our 'Understanding Body Image' course or Wellbeing Workshop.

Following a sustained period of recovery, service users are welcome to get involved in fundraising, coproduction of our services and even facilitating our weekly support groups with the understanding that their experience and impact matters.

