Eating Disorders Service

NHS
Midlands Partnership University
NHS Foundation Trust

Eating Disorders

Carers / Loved Ones Support

> Are you supporting someone who accesses MPFT Eating Disorder Services?

Whether you're a family member, a friend, a neighbour... anyone providing support for someone with an Eating Disorder, we include you under the umbrella of 'carers' - and we want you to feel supported too.

We are committed to providing a high standard of care for people with Eating Disorders, and we understand that Eating Disorders affect not only the person who is unwell, but those supporting them too.

We want to extend the high level of support that our Service Users receive to you. This support is offered separately to any therapy your loved one may be receiving and is respectful of their confidentiality

Support available:

- A safe, confidential space for you to talk
- Support the wellbeing of those caring for someone who is living with an Eating Disorder
- The opportunity to talk to our Carer Peer Support Worker
- 1-1 support, in-person or via email / telephone
- Carers Support Group

Important information:

- We want to assure both service users and their carers / loved ones that this space is completely separate from their treatment
- This space is solely intended to offer emotional support and we will not discuss medical notes or personal details of service users



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