



Links Counselling FREEd (Freedom, Recovery and Education for eating disorders) Service.

<https://www.links counselling.com/freed>

## **WHAT IS FREED?**

FREEd exists to provide therapy, support and training for all those affected by Eating Disorders. Eating Disorders (ED) do not discriminate, they affect all ages, genders and backgrounds. They include anorexia nervosa, bulimia nervosa, binge eating disorder (including all other variations).

Eating Disorders have the highest mortality rate of all mental health problems and can severely affect day to day quality of life, for both those suffering and those care for them.

Full recovery is possible with the right treatment and support.

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## **HOW TO GET HELP**

Whilst Eating Disorders are a mental health problem, they do have medical consequences. If you are suffering from an eating disorder, we recommend you speaking to your GP. Your GP can refer you to an ED team, which is available in each trust area or a referral to CAMHS (Child and Adolescent Mental Health Service) can be made for anyone under 18s.

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## **WHAT WE OFFER**

### **Consultation**

Our specialized therapists will initially offer two in-depth assessments lasting approx. 1.5hrs. These assessments are formulated to be highly resourceful and therapeutic in nature and provide the client with a recommended treatment plan.

### **1-to-1 therapy**

After a thorough assessment, and if appropriate, clients can avail of ongoing 50-minute sessions of focused therapy on a weekly basis. Number of sessions will be discussed from the outset between the therapist and the client and reviewed on an on-going basis.

### **Carers' Sessions**

These are one-off 1.5hr sessions to educate, resource and support family members/carers on how to best support their loved one and care for themselves in the process.

## **FEEd Course**

This is a six week program, delivered via Zoom on a Monday evening, 7.30pm-9pm for those experiencing an Eating Disorder and/or those who are caring for or supporting someone with an Eating Disorder.

The topics covered over the six weeks are:

1. Dissolving the Mystery: What are Eating Disorders?
2. Distortions, Truth or Lie: Thoughts, Sensitivity, Perfectionism
3. Thawing the Numbness: Facing Emotions
4. Nutrition: The Mind and Body in Conflict (including Body Image)
5. Finding Hope & Freedom: Stories of Full Recovery
6. Next steps to Freedom: Resources & Relapses?

This is a program designed to inform, educate and resource participants and is led by both counselling professionals and those who have lived experience of the journey themselves.

## **Group Support**

Our FEEd Indeed support group is a follow-on monthly support group for both sufferers and carers. The group meets on a Thursday evening at 7.30pm-9pm via Zoom.

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## **Youth Track Programme (Tastelife UK)**

A great resource for use in secondary schools and youth groups.

The three interactive sessions (approx. 1hr long) are designed to equip young people with a healthy awareness and understanding of eating disorders: why they develop, how they affect somebody's life, and how those battling them can be helped. For more information about running this course please contact Links

(or visit <https://www.tastelifeuk.org/youth-track/>)

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