



Intensive Day Treatment  
for Eating Disorders

# Concerned about an eating disorder?

Your guide to eating disorders and  
how to access support.

# What is an eating disorder?

Eating disorders are complex mental illnesses – they are not a lifestyle choice or a “phase”. They can cause significant harm, but they are treatable and full recovery is possible.

There is no one single cause, rather, a combination of genetics, social and psychological factors that contribute.

Eating disorders manifest in different ways. They are unique to the individual and anyone can develop one. This means there is no right or wrong way to have a problem and you may not “tick all the boxes” of a diagnosis. Do not let this dissuade you from reaching out.

Despite how they may present, eating disorders are not all about food. Rather, food is a symptom of other complex and often deep-rooted issues.

You can think about an eating disorder as a negative coping mechanism, used by the sufferer to block out or control overwhelming emotions.

Eating disorders are a mental illness

They are not about food

With the right support, recovery is possible

Weight or BMI is not the only indicator of severity

ORRI

## Facts & statistics

Over **1.25m** people in the UK are estimated to be directly affected by eating disorders.

Of those suffering, **11%** are male, and hospitals have seen a **70%** rise in male patients being admitted over the last six years.

Eating disorders are most common in individuals between the ages of

**14** and **25** years old.

On average, people spend

**176** weeks waiting for eating disorder treatment

Anorexia has the highest mortality rate of any psychiatric disorder

**Break the silence.**  
You are not alone. Reach out and get help and support.

“The sooner someone receives support for an eating disorder, the better their chances of making a full recovery and avoiding more invasive and expensive treatment.”

**Beat,**  
eating disorder charity

## Types of eating disorders.

As more research is conducted it's apparent that there are many ways someone can have an eating disorder. Keep in mind that even if you don't fit the symptoms listed below, you should still seek support as soon as possible.

### Anorexia

Anorexia usually involves severely restricting food intake. Excessive exercise and binge/purge cycles may also factor in someone's Anorexia as they attempt to compensate for any food eaten.

### Bulimia

Bulimia often involves cycles of binge eating and purging. This means that someone may eat a large amount of food in one go and subsequently compensate for this by self-induced vomiting, fasting, taking laxatives and diuretics or excessively exercising.

### Binge Eating Disorder (BED)

Binge eating disorder involves bingeing: eating large amounts of food at once, but not typically engaging in compensatory behaviour. Sufferers often feel a significant amount of shame and guilt associated with their illness, which traps them in the cycle of the illness.

### Other Specified Feeding or Eating Disorder (OSFED)

Sometimes a person's symptoms don't exactly fit the expected symptoms for any of these three specific eating disorders. In that case, they might be diagnosed with an OSFED. An OSFED diagnosis does not mean that the eating disorder is less serious.

## Early intervention: ask for support as soon as possible.

Early intervention means getting help and support as soon as possible when you need it. The sooner you get help, the quicker you are likely to recover and without relapse.

Research tells us that people should be treated within the first three years of their illness, yet it takes on average almost three years for people to recognise their symptoms and seek help.

Overtime, people with eating disorders experience changes to their brain, body and behaviour. In early stages these changes are more easily reversed.

After three years, eating disorder symptoms tend to become "hard wired" in the brain, meaning that positive changes are harder to make.

An individual is 50% less likely to relapse if treatment is sought immediately.

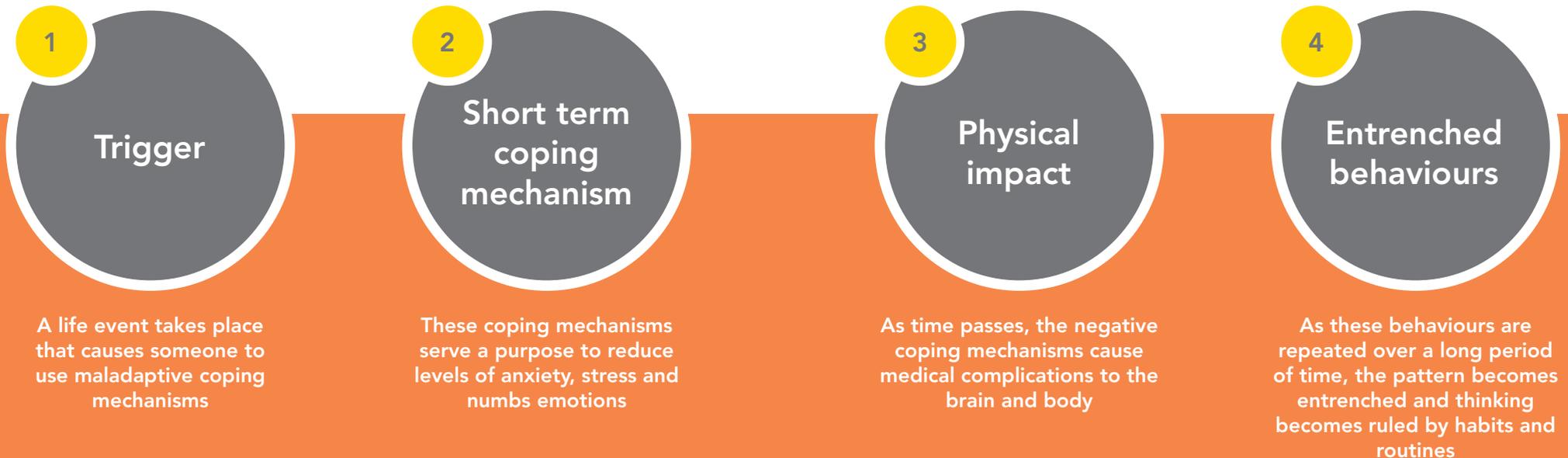
"An instinct that something is not quite right is usually a good indicator of there being a problem."

**Kerrie Jones,**  
Clinical Director at Orri

**You might be reading this because you think there's something not quite right about your eating habits, but you're not sure if it is an eating disorder. Either way, it's really positive you're looking into it. Secrecy can be deadly, so the best way forward is to ask for support.**

## Early intervention keeps people at university or in their career.

You can get better without going to hospital.



This is why early intervention is important for eating disorder recovery.



# Do you need help? Here are some signs and symptoms.

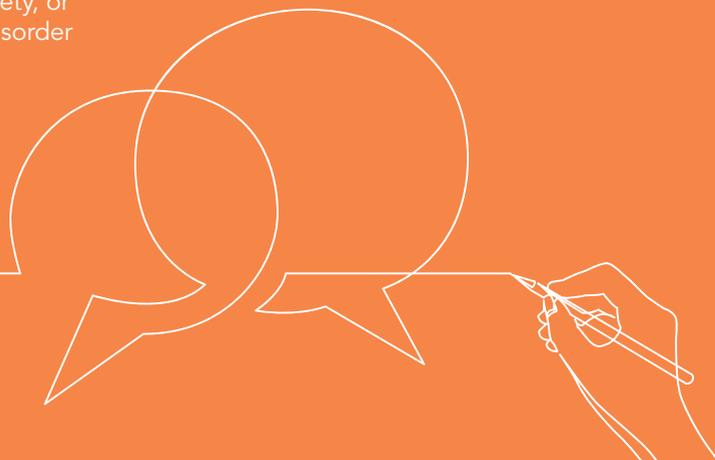
Often, someone's weight is affected by their eating disorder. However, weight or BMI does not demonstrate the severity of the illness, nor is it an indicator of how much someone is struggling. There is no one way to have an eating disorder.

## Typical signs and symptoms include:

- Isolating yourself from others
- Preoccupation with food and eating
- Low confidence and self-esteem, anxiety - particularly when eating in front of others
- Fear of gaining weight or pursuit of thinness and excessive focus on body weight
- Distorted perception of body shape or weight
- Inability to eat intuitively or reluctance to respond to hunger cues
- Other mental health conditions, such as depression, anxiety, or obsessive-compulsive disorder

## Answer the S.C.O.F.F Questionnaire

- Do you ever make yourself **Sick** because you feel uncomfortably full?
- Do you worry you have lost **Control** over how much you eat?
- Have you recently lost more than **One stone** in a three-month period?
- Do you believe yourself to be **Fat** when others say you are too thin?
- Would you say that **Food** dominates your life?



# How an eating disorder can impact your life.

Eating disorders can have profound impact on psychological, social and physical functioning. This can affect someone's cognitive ability and their insight and motivation to receive support.

Transitions to a new environment, such as university, can have a detrimental affect on someone with a pre-existing eating disorder or someone on the cusp of diagnosis. A highly pressured academic or working environment may also exacerbate someone's symptoms.

The social stigma attached to mental health conditions can play a role in someone's reluctance to seek support. Break the silence, you are not alone.

## Find the right support.

### Day Treatment

Intensive treatment that provides people with support as they continue with their lives

### Inpatient/ Hospitalisation

Typically a short-term treatment used to stabilise someone physically and/ or mentally

### Outpatient

Often one session per week with a psychotherapist or psychiatrist

NICE recommend that anyone with a suspected eating disorder should be referred immediately to a community-based, age-appropriate eating disorder service for further assessment or treatment.

# Whatever your situation, it's important to seek help...

## How to ask for help.

We understand how difficult it can be to ask for help, however, as we have said, it's important that you reach out for support as soon as possible.

### Make an appointment with your GP

You can ask for a double appointment to allow yourself more time and take a supportive person with you if you would like. Perhaps write down your concerns on a piece of paper if it helps to keep your thoughts in order.

### Call a helpline

The eating disorders charity, Beat, have a helpline which can be contacted on: 0808 801 0677.

### Talk to someone

Don't keep your concerns a secret – speak to someone you trust.

### Reach out to a treatment provider

Often, treatment facilities are more than happy to point you in the right direction.

## How to support someone you're concerned about.

### Pick a time when emotions aren't running high.

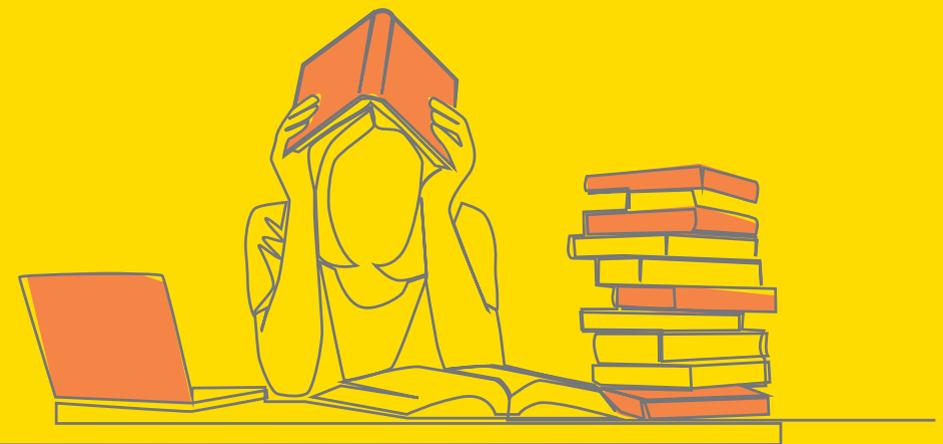
Sit them down and explain that you are concerned. Remember, eating disorders are often rooted in complex, underlying emotions – it's important to focus on these instead of the food symptoms.

### Reassure them that you're here for them.

Eating disorders can feel very isolating, so it's important that the individual does not feel alone in their illness.

### Find some options for support or treatment.

It may be that they haven't yet looked into treatment or support for their problems. You could provide some suggestions and give them space to consider what they would like to move forwards with.



We'd like to thank Beat for the research cited in this information pamphlet and for their ongoing commitment to understanding and raising awareness of eating disorders.



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## About Orri.

### We are a specialist day clinic, not a hospital.

Intensive day treatment to engage, educate and empower individuals suffering from eating disorders. We offer full-day, part-day and evening programmes, so people have the right amount of support as they increasingly return to their lives.

### We give you the tools to change.

With experts in psychiatry, psychotherapy, psychology, dietetics, occupational therapy, trauma therapy, family therapy, body image experts, movement therapy and nursing, our highly skilled team works together to help people recover and individually tailor the right treatment plan.

### A unique community and a unique space.

Visit our 5-storey building with 12 group and individual therapy rooms. Our unique therapy kitchen and our body-based space and yoga studio all form part of this specialist centre in the heart of London.



## *What can I expect?*

Respect, kindness and compassion  
every step of the way.

### It's easy and safe to reach us.

Speak to our eating disorder  
professionals: 0203 918 6340

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[www.orri-uk.com](http://www.orri-uk.com)