

# First Steps

## Eating Disorders in Students Services

Supporting people of all ages who suffer with Anorexia, Bulimia, Binge Eating or any undiagnosed eating difficulty

**“Bringing hope, opportunities and choices to lives affected by Eating Disorders”**

- ◆ 1 to 1 Peer Support
- ◆ Counselling Support
- ◆ Online Befriending
- ◆ Drop-in sessions:
  - ⇒ UoN Wednesdays: Cripps Health Centre, 9am - 5pm
  - ⇒ NTU Thursdays: City SU Building, 9am - 3:30pm
- ◆ Self-help groups
- ◆ To get evidence eating disorder support by First Steps use QR



NHS Standards Quality Assured

**No strict access criteria for our services**

For more information please visit us at [www.firststepsed.co.uk](http://www.firststepsed.co.uk)  
or call 01332367571

Registered Charity: 1121791

The Henry Smith  
Charity  
founded in 1828

**NHS**  
Nottingham City  
Clinical Commissioning Group  
**NOTTINGHAM  
TRENT UNIVERSITY**

**NTSU**  
NOTTINGHAM TRENT STUDENTS' UNION

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The Queen's Award for Voluntary Service logo, featuring a crown and the text 'The Queen's Award for Voluntary Service'.