



EATING DISORDERS

Are you worried that you or someone you care about are showing signs of disordered eating patterns?

Obsessive about food or healthy eating?

Changing behaviour, mood swings?

Distorted belief about body size?

Often tired, difficulty concentrating?

Started exercising excessively?

(Examples may include but are not limited to)

Please get in touch as early as possible so that we can offer support.

Free Counselling Service provided by a BACP Registered Counsellor with a specialist interest in disordered eating patterns.

The Priory St Centre, 15 Priory St, York, YO1 6ET

Every Monday, 9am – 3pm

Each session - 50 minutes

Women only (18+)

FOR FURTHER INFORMATION PLEASE CONTACT REBECCA: 07849 368140

