



## Eating Disorders & Self Harm

Eating disorders and self-harm are both treated as a safeguarding issue and will be handled by the House staff and the Deputy Head (Pastoral) with input from the School Nurse as appropriate. Members of staff /tutors with concerns about individual pupils should consult the Hsm/JHsm. If the Hsm/JHsm or Deputy Head (Pastoral) feels that the pupil is at risk, parents are informed and advised to consult their GP. A referral can be made to an outside agency, (the Eating Disorder Service) by the Deputy Head (Pastoral) and counselling can be arranged.

Healthy eating, eating disorders, self-image and self-esteem form part of the PHSE programme. Since the sufferer is unlikely to seek help and may conceal the problem, friends are encouraged to share their concerns with an appropriate adult.

<https://www.nhs.uk/conditions/eating-disorders/>

This website recommends anyone suffering from an eating disorder or anyone who has a concern to access Beat, an eating disorder charity. They operate both an adult and youth helpline.

<https://www.nhs.uk/conditions/self-harm/>