



Eating Disorders & Self-harm Policy

Bancroft's

Independent Co-educational Day School 7–18

Eating Disorders & Self Harm

Eating Disorders

Eating disorders are treated as a safeguarding issue and will be handled by the pastoral team with input from the School Nurse as appropriate. Members of staff with concerns about individual pupils should consult a member of the pastoral team. Since the sufferer is unlikely to seek help and may conceal the problem, friends are encouraged to share their concerns with an appropriate adult. If it is felt by the pastoral team or the School Nurse 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 appropriate member of the pastoral team or the School Nurse and counselling can be arranged. Healthy eating, eating disorders, body- image and self-esteem form part of the Learning for Life programme.

This NHS website offers a more detailed overview of the nature of eating disorders, the signs to look out for and how and where to seek help: <https://www.nhs.uk/conditions/eating-disorders/>

Self-harm

Self-harm is also treated as a safeguarding issue and is handled by the pastoral team with input from the School Nurse as appropriate. Members of staff with concerns about individual pupils should consult a member of the pastoral team. As with eating disorders it is possible that the sufferer may be slow to seek help and may even conceal the problem, so friends are encouraged to share their concerns with an appropriate adult.

The website below offers information about where to seek support for anyone who self-harms or if someone is worried about a friend or family member who self-harms. It includes a list of free listening services, explains the role of the GP in offering support and lists organisations who specialise in helping those who self-harm.

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