

# First Steps Derbyshire

## Is FOOD controlling your Life?

Registered Charity No 1121791

**Basic Eating Disorders Awareness Training**  
**Cost effective and excellent value**

**Delivered by trainers and service users with years  
of Eating Disorder experience.**

**All inclusive; expert trainers, slides, handouts refreshments**

### Contents

- \* **What is an Eating Disorder?**
- \* **Causes**
- \* **Warning signs**
- \* **Anorexia Nervosa**
- \* **Bulimia Nervosa**
- \* **Eating Disorders Not  
Otherwise Specified**
- \* **Treatment Options**
- \* **Families & Carers Roles**
- \* **Questions & Answers**



**First Steps Derbyshire**  
**Understanding Eating Difficulties & Disorders**

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