



**NHS**

**East London**  
NHS Foundation Trust

**DO YOU OR SOMEONE YOU KNOW HAVE A  
DIFFICULT RELATIONSHIP WITH FOOD AND  
EATING?**

**DOES THIS CAUSE DISTRESS OR GET IN THE WAY OF OTHER THINGS?**

**WE KNOW THAT DISORDERED EATING DOESN'T HAVE ONE  
SINGLE LOOK.**

**ANYONE CAN HAVE DISORDERED EATING AND IT CAN BE EXPERIENCED  
IN SO MANY DIFFERENT WAYS.**

**EVERYONE IS DESERVING OF HELP NO  
MATTER THEIR DIFFICULTIES**

**The East London NHS Community Adult  
Disordered Eating service is here to help**

Our service is for those who are aged 18+ and live in  
Newham, Tower Hamlets or City & Hackney

Scan the **QR code** or visit **<https://tinyurl.com/elfted>** to:

- **Learn more** about disordered eating
- Find out about what **support** is available
- Make a **self-referral**

