

EATING DISORDERS AWARENESS WEEK 2025



Eating Disorders Awareness Week (EDAW) is from February 24 to March 2, 2025. This year's theme, "The Time is Now," focuses on spreading knowledge, promoting early detection, and supporting research to foster empathy for those affected. We've prepared resources for you to share with your whole school community.

RESOURCES

In conversation with eating disorders expert, Dr Nihara Krause (For Staff and Parents) 🖱️

Dr Nihara Krause is a highly skilled clinician who specialises in eating disorders and self-harm. Alicia and Nihara discuss the causes, signs and symptoms of eating disorders, as well as the ways in which adults can help a child or teen whom they suspect has or is at risk of developing an eating disorder.

Eating disorders explained – advice for parents by Alicia Drummond, Therapist and Founder of The Wellbeing Hub (For parents) 🖱️

Eating disorders are complex and serious mental health conditions, with Anorexia Nervosa having the highest mortality rate among them. In this discussion, we explore what eating disorders are, how to recognise the signs, and ways to prevent your child from developing an eating disorder.

Advice for staff on how to support a pupil with an eating disorder by Lesley Kollikho, Integrative Psychotherapist and Eating Disorder Specialist (For Staff) 🖱️

Lesley Kollikho, Integrative Psychotherapist and Eating Disorder Specialist, shares her advice for staff on how to spot the signs of an eating disorder and what to do if you suspect a pupil has one.

Mental health campaigner Lottie Leach on Children's Mental Health (For Students 13+) 🖱️

We spoke with Lottie Leach to share her story of her struggles with depression and an eating disorder. Following her own experience, Lottie became determined to de-stigmatise mental health through raising awareness in her school and the wider community. Lottie began by organising a 24-hour danceathon which raised over £3000 for the charity Mind. She is the deserving winner of the Diana Legacy Award, a global award celebrating those who work towards positive social change.

SUPPORT



BEAT - Beat is the UK's eating disorder charity. If you are worried you or your child may have unhealthy habits around eating, head to their website for specialist advice.



EATING DISORDER SUPPORT SERVICE

Seed - Seed is a Voluntary Organisation. They formed in September 2000 in Hull, East Yorkshire, and are known as the Eating Disorder Support Group. They aim to support both sufferers and carers in the hope that they do not feel alone with their problems.