

## Counselling

At EDNE we understand we all have an individual relationship to how we eat, and how we feel in, and about, our body. When this relationship causes us distress, it can have a huge impact on our wellbeing.

Counselling can help you to understand what has happened when things have gone wrong. Your counsellor will never judge you, or tell you what to do. They will give you a safe and confidential environment to explore your own experiences and may help you to reconcile your issues, or find ways of coping and healing.

You do not have to have a diagnosis to access our services. If your relationship with food causes you distress, and you live in the North East of England, then counselling with EDNE may be for you.

### Our counselling is:

- for people aged 16+ with mild to moderate eating distress
- available face-to-face or online
- 6-8 sessions @ 50 minutes long.
- available weekdays, 9-5pm for free
- available weekdays 5-8pm for a fee



Eating Distress North East  
The Old Post Office,  
5 Pink Lane,  
Newcastle Upon Tyne  
NE1 5DW



scan me  
to register!

Find us on social media:



@edneuk



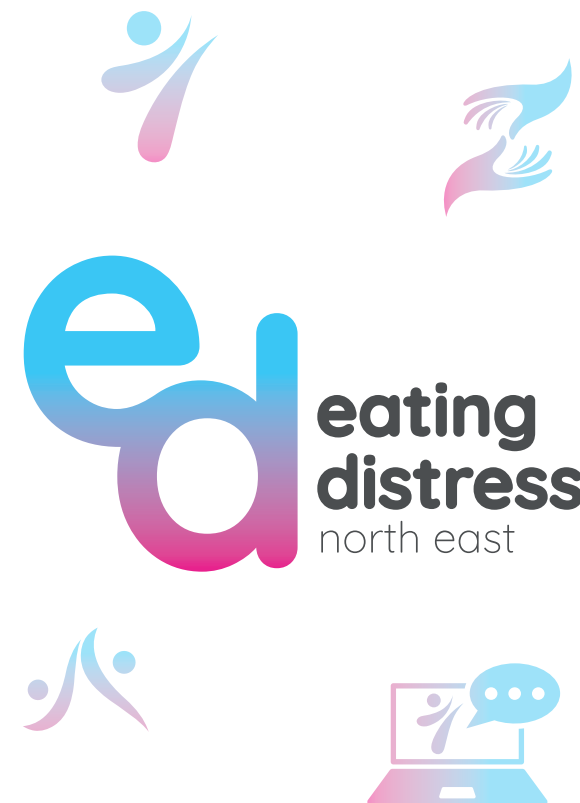
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For people affected by  
eating distress



To complete a registration form,  
please visit our website  
[www.edne.org.uk](http://www.edne.org.uk)

Phone: 0191 221 0233  
Email: [enquiries@edne.org.uk](mailto:enquiries@edne.org.uk)  
Web: [www.edne.org.uk](http://www.edne.org.uk)

Please get in touch,  
we are here to help.  
0191 221 0233

## Our service users say...

“Once I got through the door it was easy. They didn’t judge. EDNE helped me to get to be this new person. The old one never looked up and never spoke.”

“The counselling sessions were absolutely amazing and life-changing.”

“You think you’re the only person in the world. Now I’ve found out I’m not the only one.”

## Is this service for me?

### EDNE can offer a range of services including:

- Information and signposting
- Counselling (aged 16+)
- Health and Wellbeing group workshops
- Support for friends and family

You can contact us directly, by telephone, email or letter; or you can visit our website to complete a registration form.

## Who are we?



EDNE is a specialist organisation for people whose lives are affected by eating distress.

Disrupted eating can start as a strategy to regain control in an unsafe or chaotic world and develop into an everyday struggle which impacts work, health and relationships.



Any relationship with food that you find difficult may cause eating distress.

Eating distress and disorders are serious emotional and physical problems and it is important to seek help and support.

If food and eating feels like it is taking over your life then it may be that you need help.



If you have a loved one you are worried about then help is available for you too.

## Talks and Training

We deliver educational talks and training courses on the topic of eating disorders to a range of people from the public, private, voluntary and education sectors.

This work is key to promoting early identification and treatment of an eating disorder thus improving the speed of recovery, reducing symptoms to a greater extent and improving the likelihood of long-term recovery.

Our **talks** aim to increase knowledge and understanding of eating disorders whilst encouraging first steps towards treatment and recovery.

Our **training** aims to assist professionals with early identification of an eating disorder, treatment pathways and how best to support clients in their care.

For more information or **to book** please contact our **Training Officer Maria Lavelle** at [maria.lavelle@edne.org.uk](mailto:maria.lavelle@edne.org.uk)

## Health and Wellbeing Workshops

Our health and wellbeing sessions are **psychoeducation** workshops designed to help you to develop and strengthen your own resources to contribute to your wellbeing.