

**'AS HIGH TUNSTALL LEARNERS WE  
INSPIRE ONE ANOTHER BY GETTING  
INVOLVED, BEING IMAGINATIVE AND  
ENJOYING CHALLENGES**

**AS HIGH TUNSTALL LEARNERS WE  
SUPPORT ONE ANOTHER BY SHOWING  
RESPECT, BEING POSITIVE AND  
HAVING PRIDE IN OUR COMMUNITY**

**TOGETHER, AS HIGH TUNSTALL  
LEARNERS WE CAN ACHIEVE**

**THE HIGH TUNSTALL LEARNER – EMBRACE  
EVERY OPPORTUNITY'**



## CONTACT US

For more Information please contact us at:

**High Tunstall College of Science**

**Elwick Road**

**Hartlepool**

**TS26 0LQ**

**Tel: 01426 261446**

**E-mail: [htadmin@hightunstall.hartlepool.sch.uk](mailto:htadmin@hightunstall.hartlepool.sch.uk)**

**Website: [HTCS.org.uk](http://HTCS.org.uk)**



The High Tunstall guide to ...

# EATING DISORDERS



# WHAT ARE EATING DISORDERS?



**An eating disorder is when you have an unhealthy attitude to food, which can take over your life and make you ill. It can involve eating too much or too little, or becoming obsessed with your weight and body shape. But there are treatments that can help and you can recover from an eating disorder. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...**



## WHO CAN I SPEAK TO IF I NEED MORE SUPPORT?

**For more information please speak to your tutor, Year Leader of SSO. If you would like to speak to someone at school in relation to this please contact either Mrs Peek or Mrs Whitaker. Mrs Peek is usually based in the Personal Development office in the North Building but will be around College each day. Mrs Whitaker is based in reception.**

## METHODS OF SUPPORT

### HELPFUL WEBSITES

Beat – is the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, their mission is to end the pain and suffering caused by eating disorders. Eating disorders are serious mental illnesses that ruin and, too often, take lives. Go to <https://www.beateatingdisorders.org.uk/> for more details and contacts.



NHS – ONE YOU – Go to <https://www.nhs.uk/oneyou/for-your-body/eatbetter/> to discover more from the NHS about general health improvement linked to eating and diet.



### HELPFUL APPS

Recovery Record: Eating Disorder Management: This app is designed to be a smart companion for managing your recovery from a variety of eating disorders. Keep a record of meals, thoughts, and feelings



Rise Up + Recover: If you struggle with food, dieting, exercise, and body image, Rise Up + Recover offers an empowering range of tools to help you find success. The app is based on self-monitoring homework, a key aspect of cognitive behavioural therapy.



### TUNNY TOP TIPS

- Base your meals on higher fibre starchy carbohydrates
- Eat lots of fruit and veg
- Eat more fish, including a portion of oily fish
- Cut down on saturated fat and sugar
- Eat less salt: no more than 6g a day
- Get active and be a healthy weight
- Do not get thirsty
- Do not skip breakfast For eating Disorders

\* If you think you may have an eating disorder, even if you're not sure, see a GP as soon as you can. They'll ask you questions about your eating habits and how you're feeling, and will check your overall health and weight. If they think you may have an eating disorder, they should refer you to an eating disorder specialist or team of specialists.