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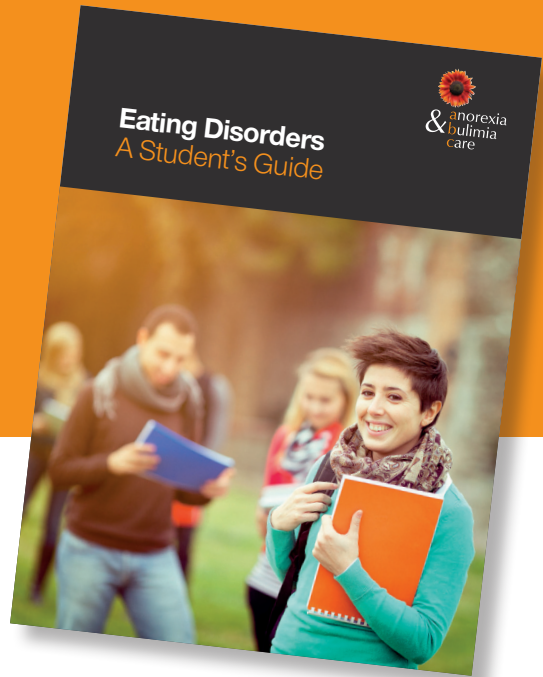
## Eating Disorders

### A Student's Guide

**Between 11 and 13 million people in the UK have psychological issues with food, with young people aged 14-25 most at risk.**

- This 28-page comprehensive guide resources and equips young people at university, college and 6th form with relevant and essential information about eating disorders.
- Providing practical and preventative solutions, this definitive booklet offers vital support for students – for those personally struggling, those worried about a friend or for those seeking a better understanding of eating disorders.

With 3-10 % of students receiving university counselling each year, as many as 23,000 UK students annually struggle with emotional issues. Eating disorders are one of the greatest concerns.



***“The ABC Student Guide to eating disorders is a must for all places of further and higher education.”***

Dr Jane Sutton - Cert Ed, BSc, PhD, CPsychol, AFBPSS  
Visiting Research Fellow, University of Bath

**Also See ABC's Education Site (VLE)**  
- [eatingdisorders-abc.org.uk](http://eatingdisorders-abc.org.uk)



<sup>1</sup> <http://www.nhs.uk/livewell/studenthealth/pages/mentalhealth.aspx>

<sup>2</sup> <http://www.hesa.ac.uk/>

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## Eating Disorders

### A Student's Guide



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Eating Disorders - A Student's Guide	£4.99 <sup>1</sup>		£
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<sup>1</sup> For large orders, prices are available on request.

<sup>2</sup> UK Postage: 1Item £2.15 | 2-10 Items £4.25 | 11-20 Items £6.50 | 21+ Items £10.00  
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