

Eating Disorders: Support in the Workplace

Delivered by Dr Andres Fonseca, Consultant Psychiatrist and
Co-Founder at Thrive Mental Wellbeing.

Meet Zoe



**Zoe Burnett,
Senior Specialist Support
Officer and School Lead**

slido



How would you notice that someone might have an eating disorder?

① Start presenting to display the poll results on this slide.

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How would you like to be approached if you had an eating disorder?

① Start presenting to display the poll results on this slide.

Resources

Beat Eating Disorders - Supporting Someone Else

www.beateatingdisorders.org.uk/get-information-and-support/support-someone-else/worried-about-a-colleague

Eating Disorders in the Workplace

firststepsed.co.uk/eating-disorders-in-the-workplace

Article from a service user/patient perspective but it might be a helpful read for employers so they can understand the challenges their colleagues and employees face when returning to work.

Work-Life Balance

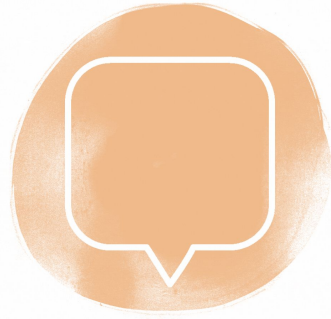
firststepsed.co.uk/national-work-life-week

Article about work-life balance and promoting wellbeing at work.

CPD Training

firststepsed.co.uk/training





Q & A

Thank you for listening



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Mental Wellbeing?**

Get in touch by scanning the QR code.