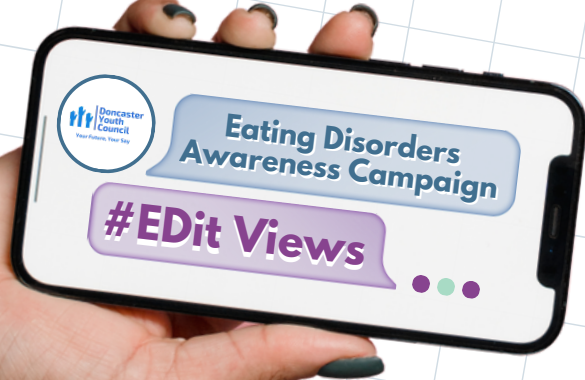




LEARNING WORD SEARCH

This has been developed by our Doncaster Youth Council as part of their ED Awareness Campaign. For more info please get in touch! YouthCouncil@Doncaster.gov.uk

#EDit Views

“ If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do! ”

QUSPWDONCASTERYOUTHOUNCILFPFP
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“ Free Services that can support you! ”

- ☐ **Camhs Eating Disorder Service**
✉ Rdash.ceds@nhs.net ☎ 03000212349
- ☐ **Beat**
🌐 www.beateatingdisorders.org.uk
☎ UK - 08088010677
- ☐ **The Mix**
📱 24/7 Crisis Messenger: THEMIX to 85258
🌐 TheMix.org.uk ☎ 08088084994
- ☐ **Kooth**
🌐 Kooth.com

- ☐ **EDit Views**
- ☐ **Doncaster Youth Council**
- ☐ **Stop the Negative Talk**
- ☐ **Perfection is a Myth**
- ☐ **Support**
- ☐ **Talk**

- ☐ **Friends**
- ☐ **Family**
- ☐ **Be Kind**
- ☐ **Self Care**
- ☐ **You Matter**
- ☐ **Are You Ok?**

- ☐ **Believe in Yourself**
- ☐ **Be Yourself**
- ☐ **Confidence**
- ☐ **Connect**
- ☐ **Unique**
- ☐ **You Are Enough**



If you or somebody else needs urgent help or in immediate danger call **999**.
If you are looking for medical advice contact your **GP** or **111**.



City of
Doncaster
Council

