

Supporting National Eating Disorders Week

20th February - 26th February 2012



GOT FOOD ON THE BRAIN?

Experiencing anxiety around food, eating and body issues can cause distress and emotional difficulties...

The Student Wellbeing Service is here to help

Speak with one of our Student Wellbeing Advisors in confidence

To book an appointment:

Tel: **0191 208 3333**

Call in: **level 2 King's Gate Building**

Web form: **<https://my.ncl.ac.uk/students/contact>**

www.ncl.ac.uk/students/wellbeing

Binge eating | Secrets and lies... | Shame | Purging | Counting calories | Constant weighing | Alone | Excessive exercising | Hungry | Bodybuilding supplements | Laxatives