

## First Steps Derbyshire

(Registered Charity No 1121791)

Understanding eating difficulties and disorders

# is food controlling your life?



Confidential and non judgmental help and understanding for all people affected by any eating difficulty or disorder

## Online support

### Live Chats on our Website—Confidential and Anonymous

Monday 6-7pm with Naomi

Tuesday 7-8pm with Marc

Sunday 2-4pm with Naomi

Sign up for full access [www.firststepsderby.co.uk](http://www.firststepsderby.co.uk) and select 'Live Chat' from the drop down menu under 'Sufferers'. Start chatting to support workers and volunteers about things that may be having a negative affect on your life.

### Email or Text us for support

Feel free to email us for support at [info@firststepsderby.co.uk](mailto:info@firststepsderby.co.uk) or text us on 07525055673 and someone will get back to you as soon as possible

### Befriending

Do you need regular support from someone but are not able to come to Derby? We can arrange for someone to support you on a regular basis via email or telephone. Please contact us for more details

Contact Us T: 01332 367571 M: 07525055673 E: [info@firststepsderby.co.uk](mailto:info@firststepsderby.co.uk)

W: [www.firststepsderby.co.uk](http://www.firststepsderby.co.uk)



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