



I think I have an eating disorder

“My friends and family are worried about me but I don't know where to turn”



Spot the signs

Some of the indicators of an eating problem include



Preoccupation or excessive worries about food, eating, calories, etc.



Worries or experience of **losing control over eating**

Changes in **eating habits**



Overwhelming fear of gaining weight

Recent **weight loss**

Between **1.25 and 3.4 million people** in the UK are affected by an **eating disorder**



Do these feel familiar?

What is CBT-E?

CBT-E is a leading evidence-based treatment for many eating disorders, usually delivered 1:1. The treatment is recommended for adults in current NICE guidance and usually lasts around 6-12 months.



How can we help you

We provide a private service offering quick access to specialist evidence-based treatments including CBT-E. We see all adults aged 18 and above with sessions delivered (remotely or in person) by our friendly expert therapists.

Scan here



Get in touch

Call us to find out more 01865 920077
or email contact@oxfordcbt.co.uk
www.oxfordcbt.co.uk



**OXFORD™
CBT**
Enhancing your wellbeing.