

BRIDGING THE GAP

This course is a full day session and can be run remotely on Zoom or face to face. **Bridging the Gap** involves eight hours of learning.

University is an exciting time – throughout their degree, students may live independently for the first time, shape their professional future, and form lifelong relationships. But with all this comes pressure from every direction, and for people with eating disorders or who are vulnerable to developing one, university is a minefield. As well as the usual academic and social pressure, they must navigate:

- Being away from their trusted support network.
- Making and/or eating food in a new environment.
- A new GP or eating disorder service.
- Telling new people about the eating disorder – or keeping it hidden

Beat has developed the **Bridging the Gap** training course for anyone working closely with university students. You'll learn about:

- The challenges students with eating disorders face.
- How the university environment could contribute to an eating disorder's development.
- How to spot the early signs.
- Approaching a student you're worried about and supporting them to get the help they need.
- Assessing whether a student is well enough for study

Bridging the Gap is delivered by clinicians who work directly with people with eating disorders. They're accompanied by a Beat Ambassador with lived experience of having an eating disorder and going through recovery. You'll have the chance to ask questions of these experts by both profession and experience, and leave with suggested further reading and resources you can use to help students in your workplace.

You don't need to have prior knowledge of eating disorders to find this course helpful – it's for all of us to create a supportive environment for people with eating disorders, and the training aims to build your confidence to do that no matter what your current level of knowledge.

We'll work together to dismantle misconceptions through this interactive session, with group discussions, case studies, and plenty of opportunity to ask questions in confidence and without fear of judgement. We welcome anyone who works with students, including:

- Teaching staff
- Student union officers
- Hall representatives
- Student counsellors
- Student wellbeing teams

Please email training@beateatingdisorders.org.uk for more information.