

stem4 WEBINARS FOR PARENTS AND CARERS

HELPING PARENTS AND CARERS MANAGE EATING DISORDERS AND BODY IMAGE ISSUES IN YOUNG PEOPLE

Thursday 2nd March, 2023 at 7pm



stem4

supporting teenage mental health

Registered Charity no. 1144506

Welcome



Dear Parents and Carers,

The COVID-19 pandemic has led to a surge in the number of people with eating disorders. Whilst the reasons for why eating disorders develop are often multifactorial, the pandemic has caused high levels of loneliness in young people, who are fearful of the future and feeling less in control. It has also impacted the health service, which, in some parts of the country, is currently over-stretched and under-resourced to offer the specialist treatment often needed for young people presenting with an eating disorder. Schools, colleges, and universities (as well as GPs) identify and support large numbers of young people with a range of mild to moderate eating disorders and other food and eating related difficulties. However, the largest amount of support provided—whether it is to scope for relevant clinical care, be part of a home-based treatment programme, or involvement in recovery-focused care—is carried out by parents and carers.

Over the past 11 years, stem4 has worked in the prevention and early intervention space, providing a range of support to young people, their families and carers, educators and primary care providers and, most recently in response to emerging need, has also created the Worth Warrior app*. This is a free app to help manage low self-worth issues leading to negative body image and eating disorders. We hope this webinar will provide parents and carers with the opportunity to develop a deeper understanding of these complex conditions, as well as further develop skills and improved competence in supporting a young person presenting with an eating disorder. Our ambassadors will also provide a reflection of their lived experiences, together with some additional tips and strategies.

stem4's website is full of tips on eating disorders and provides a range of resources and other digital intervention support that you might find helpful. This includes the Combined Minds app which helps parents and carers support a young person with a mental health condition.

I hope you find this webinar and our offers useful and that they provide an opportunity to learn and share ideas.

Dr Nihara Krause, BSc(Hons), MSc, PsychD, C.Psychol, C.Sci, AFBPsS
Consultant Clinical Psychologist
Founder and CEO stem4

*supported by an NIHR grant.

Programme

7:00 - Welcome – Philippa Beeson

7:05 - Dr Nihara Krause

7:30 - Ella Greenwood

7:45 - Dr Richard Graham

8:00 - Iain Maitland

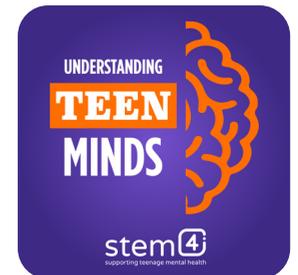
8:12 - Round up and close

stem4's mental health podcast: *Understanding Teen Minds*

Understanding Teen Minds aims to provide insight into the world of teenage mental health, looking at everything from signs and symptoms to early intervention.

Drawing on the extensive knowledge and experience of stem4 Founder, Consultant Clinical Psychologist Dr. Nihara, along with the evidence-based resources and apps provided by stem4, we hope our podcast will be a useful tool and support for health and education professionals, parents, and young people alike.

Listen to the podcast at stem4.org.uk/podcasts/.



Meet the speakers

Dr Nihara Krause Consultant Clinical Psychologist CEO and Founder, stem4

Nihara has many years of clinical experience working in a variety of mental health settings with both young people and adults. She has specialist experience in eating disorders and self-harm. Nihara is also a university lecturer, works extensively with the media, and has input in informing government on youth matters. She has a special interest in building resilience, as well as practicing effective treatment techniques for a variety of psychological problems. Nihara is the clinician who developed the award-winning Calm Harm, Clear Fear, Move Mood, Combined Minds and Worth Warrior apps for stem4.



Dr Richard Graham Clinical Director, stem4

Dr Richard Graham is a Consultant Child & Adolescent Psychiatrist and a former Clinical Director at the Tavistock Clinic. For the last five years, he was Clinical Director for Good Thinking: London's Digital Mental Wellbeing Service.



He has worked extensively in digital health and e-safety for the last 12 years and is recognised as a digital health pioneer. He also established the first Technology Addiction Service for Young People in the UK in 2010 and contributed to the World Health Organisation's considerations of Gaming Disorder as a medical diagnosis.

Since 2012, he has been very actively involved with the UK Council for Internet Safety (UKCIS—the British Government's principal advisory body for online safety and security) and co-chairs its Digital Resilience Working Group. He also works with the BBC as Digital Wellbeing Consultant to the Own It app, as well as acting as an adviser to emerging companies such as TikTok and Yubo.

Iain Maitland stem4 Ambassador

Iain Maitland is the father of Michael, a tattoo artist from Suffolk who experienced depression and anorexia over a 10-year period. Iain has told his story and that of his family in his books 'Dear Michael, Love Dad' and 'Out of the Madhouse'. Iain is open and frank about his journey as a parent and his moving account endears him to his audience straight away.



Ella Greenwood stem4 Ambassador

Ella Greenwood is an award-winning filmmaker and actor. Aged 18, she wrote, directed and produced the short film 'Faulty Roots' which is about mental health awareness in teens. It premiered at the Busan International Kids and Youth Film Festival and was selected for many other festivals across the globe. Faulty Roots is now being developed into a feature film as announced by Deadline, and it will expand on the topic of mental health even more.



'Through my work so far I have shared my experience with mental illness and so it means a lot to me that I am now an ambassador for such an amazing charity like stem4.'

Philippa Beeson Education Coordinator, stem4

Philippa is the Education Coordinator at stem4. She is an Occupational Therapist by background and a mum of two.

She is ready to answer any questions you might have about stem4's wide range of booklets and leaflets, now in a number of languages, as well as the 'ready-made' and in depth online mental health literacy programme for teachers, *Head Ed*.

stem4 also offers online webinars and live conferences for teachers, parents, students, and health professionals and welcomes any enquiries at education@stem4.org.uk.



Worth Warrior

Want to manage low self-worth and body dissatisfaction leading to eating difficulties?



Worth Warrior is a free app created for young people to manage negative body image, low self-worth, and related early-stage eating difficulties or disorders. It provides a range of helpful activities and information, based on the notion that eating and body-related issues can be helped through learning to challenge and change thoughts, emotions, behaviours and body image issues underlying low self-worth.

By identifying these underlying factors, and monitoring them over time, you can also start to identify what your triggers and maintaining factors are and work towards making positive change.

www.worthwarrior.co.uk
[@worthwarriorapp](https://twitter.com/worthwarriorapp)



Download today



Please note that none of the stem4 apps substitute for seeing a mental health professional / GP. Please see a suitably qualified professional for assessment and advice on treatment.

stem4's mental health apps



A free app to help teenagers resist or manage the urge to self-harm
www.calmharm.co.uk • [@calmharmapp](https://twitter.com/calmharmapp)



A free app to help children and young people manage the symptoms of anxiety
www.clearfear.co.uk • [@clearfearapp](https://twitter.com/clearfearapp)



A free app to help teenagers manage low mood and depression
www.movemood.co.uk • [@appmovemood](https://twitter.com/appmovemood)



A free app to help families and friends provide mental health support
www.combinedminds.co.uk • [@combmindapp](https://twitter.com/combmindapp)



A free app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties or disorders
www.worthwarrior.co.uk • [@worthwarriorapp](https://twitter.com/worthwarriorapp)

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.

stem4
supporting teenage mental health

www.stem4.org.uk • [@stem4org](https://twitter.com/stem4org)

Developed by stem4 • Registered Charity No. 1144506

Building self-esteem and self-worth in girls and young women: **Tips for parents and carers**

By Dr Nihara Krause, Consultant Clinical Psychologist

Note: sex and gender exist on a spectrum. 'Girls' and 'women' are used to reflect the term assigned at birth. Gender is solely how you identify yourself, independent of your physical body.

1

Encourage choice and decision making from young. This also means helping deal with accepting the consequences if they turn out to be different to what was initially expected.



3

Provide opportunities to learn new skills and enhance existing ones. This means doing things outside of their comfort zone and not only doing things they have perfected.



4

Encourage body confidence. This means modelling body acceptance as a parent, balancing comments about appearance with comments about them as a person, avoiding criticising other girls' and women's appearance and body shape and size, and permitting her to develop her own sense of fashion.



5

Help deal with body and mood changes that accompany puberty and menstruation.



Encourage assertiveness and the ability to say no, and discourage excessive compliance and people pleasing.

6

7

Help develop positive relationships with other girls / young women. The influence of peers, comparison with peer groups / other important female figures in their life, and excessive peer group competition all have a powerful impact on self-esteem and self-worth.



Have ongoing discussions about body image and how it might be impacted by the media and online images. Help them to develop a critical eye in filtering media messages.

8

9

Help express (rather than suppress) difficult feelings, especially anger. Society still criticises women for being 'bossy' or 'dominant' in a way that is different to men.



Help learn to deal with unwanted sexual attention and sexualised messaging. This includes helping to acknowledge unwanted attention, avoid fear of being blamed, learn to set boundaries, learn to ask for help, and recognise misogynist comments and attitudes and how to approach these situations directly.

10

Building self-esteem and self-worth in boys and young men: Tips for parents and carers

By Dr Nihara Krause, Consultant Clinical Psychologist

1 Avoid being critical and try and balance negativity with a constructive or complimentary comment instead.

Rather than comparing, focus on their unique abilities.

2

3 How comfortable is the family with both identifying and expressing emotions? Being able to support your son(s) to communicate their thoughts and emotions helps them to feel heard and builds self-esteem.

Provide opportunities for experiencing a range of social connections.

4

5 Help them learn to try and handle difficult situations on their own. Talk through possible strategies and their consequences.

Help them find their strengths. This might be through providing a range of opportunities to learn different skills such as cooking, tech, music; experiencing a range of challenges from learning an everyday problem solving strategy through to a 'big life' activity challenge (e.g., fundraising through running a 10k race); or by acknowledging their strengths verbally.

6

7 Teach them to challenge negative thinking. Help build self-esteem by replacing negative, self-defeating thoughts with self-encouraging and positive ones.

Treating yourself well or having self-respect emerges from positive self-esteem but also creates it. Help them to recognise what sorts of actions might attract negative responses from others and what sorts of actions will help build self-respect.

8

9 Help them to manage difficult emotions in public. This might mean asking for some time out to reflect on the best response; stating the emotion ('I'm angry') but not showing the emotion behaviourally (e.g., hitting); or delaying expression until they discuss it with someone else so they can get a different perspective.

Help establish a sense of purpose through creating shared, achievable goals.

10

Further resources

stem4 does not provide a counselling service and so regrettably we are unable to answer questions of a personal nature.

Please contact your GP or call 111 or 999 should you have an urgent concern.

Parent Signposts

Beat

Beating eating disorders.

- 0808 801 0677 (Helpline)
- 0808 801 0711 (Youthline)

Mind

Provide advice and support to empower anyone experiencing a mental health problem.

- mind.org.uk/

Action For Children

Parent Hub.

- parents.actionforchildren.org.uk/

Young Minds (Parent line)

Supporting children and young people with emotional health and wellbeing concerns, offering a wide range of resources.

- You can call our Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm.

Togetherall

Togetherall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals.

- togetherall.com/en-gb/

Samaritans

Talk to the Samaritans any time you like, in your own way, and off the record about whatever is getting to you.

- 116 123

Cruse Bereavement Care

Cruse helps people through one of the most painful times in life – with bereavement support, information and campaigning.

- 0808 808 1677
- cruse.org.uk/get-support/crusechat/

Relate

Relate offers counselling for every type of relationship nationwide. Free online chat with a trained counsellor.

- relate.org.uk

No Panic

- nopanic.org.uk/

Anxiety UK

- anxietyuk.org.uk/get-help/

Gingerbread

Gingerbread provides expert advice, practical support and campaigns for single mums and dads.

- 0808 802 0925
- gingerbread.org.uk/community/online-forum/ (online forum)

Frank

Confidential information for anyone concerned about their own or someone else's drug misuse.

- talktofrank.com/
- 0300 123 6600

Shout

Shout is a 24/7 text service, free on all major mobile networks in the UK, for anyone in crisis. It's a place to go if you're struggling to cope and you need immediate help. The number to text is 85258.

- giveusashout.org/

Campaign Against Living Miserably

Their helpline and webchat are open from 5pm - Midnight 365 days a year.

- thecalmzone.net
- 0800 585 858

Parenting Mental Health

Our work supports, skills and empowers parents through our 24/7 digital peer community.

- parentingmentalhealth.org/

Papyrus

A UK charity dedicated to the prevention of young suicide

Call the Hopeline

- 0800 0684141

National Autistic Society

In depth advice and guidance on the challenges that people with autism and their families face.

- Autism.org.uk

National Bullying Helpline

Advice for anyone dealing with bullying.

- Helpline: 0300 323 0169
- Telephone: 0845 225 5787
- Nationalbullyinghelpline.co.uk

www.nhs.uk

The NHS also has a guide to finding eating disorder support services in the country

- <https://www.nhs.uk/Service-Search/other-services/Eating-disorder-support/LocationSearch/341>

Good Thinking

Mental health information for Londoners

- www.good-thinking.uk

Eating Disorders Association NI

Eating disorder services for Northern Ireland

- www.eatingdisordersni.co.uk

FREED

Information about First episode Rapid Early intervention for Eating Disorders

- www.freedfromed.co.uk

Talk ED

Talk ED is a national, peer-led charity supporting anyone affected by any eating disorder or eating distress. We will meet you wherever you are in your journey, with personalised support.

- <https://www.talk-ed.org.uk/>

SEED

Support and Empathy for People with Eating Disorders

- <https://seed.charity>
- Advice Line 01482 421525

Young People Signposts

Beat

Beating eating disorders.

- 0808 801 0677 (Helpline)
- 0808 801 0711 (Youthline)

Shout

Shout is a 24/7 text service, free on all major mobile networks in the UK, for anyone in crisis. It's a place to go if you're struggling to cope and you need immediate help. The number to text is 85258.

- giveusashout.org/

Young Minds

Supporting children and young people with emotional health and wellbeing concerns, offering a wide range of resources across a whole spectrum of issues.

- 0808 802 5544

Kooth

Kooth CAMHS support provides free, safe and anonymous online support for young people.

- 0300 123 6600
- kooth.com

NightLINE

Nightline is a student listening service, open at night, and run by students for students. Every night of term, trained student volunteers answer calls, emails, instant messages, texts and

talk in person to their fellow university students about anything that's troubling them.

- nightline.ac.uk/

No Panic

- nopanic.org.uk/

Papyrus

A UK charity dedicated to the prevention of young suicide

Call the Hopeline

- 0800 0684141

National Bullying Helpline

Advice for anyone dealing with bullying.

- Helpline: 0300 323 0169
- Telephone: 0845 225 5787
- [Nationalbullyinghelpline.co.uk](https://nationalbullyinghelpline.co.uk)

Carers Direct Helpline

You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

For advice and support with caring issues over the phone, call the Carers Direct helpline on 0300 123 1053.

Switchboard

(LGBT+ helpline; calls cost the same as those to 01 and 02 numbers; available 10am-10pm every day)

- 0300 330 0630

Switchboard

(LGBT+ helpline; calls cost the same as those to 01 and 02 numbers; available 10am-10pm every day)

- 0300 330 0630

Muslim Youth Helpline

(faith and culturally sensitive support service for Muslim communities; free to call; available 4pm-10pm every day)

- 0808 808 2008

Childline

A free point of contact for children and young people who need advice either online or via telephone on a wide range of issues.

- 0800 1111

NSPCC

Keeping children and young people safe from a wide range of abusive situations.

- 0808 800 5000
- 0800 1111 (ChildLine)

stem4

- www.stem4.org.uk

Mind

- www.mind.org.uk

Switchboard LGBT+ Helpline

- www.switchboard.lgbt

The Black, African and Asian Therapy Network

- www.baatn.org.uk

Muslim Youth Helpline

- www.myh.org.uk

Anxiety UK

- www.anxietyuk.org.uk

Bipolar UK

- www.bipolaruk.org

Harmless

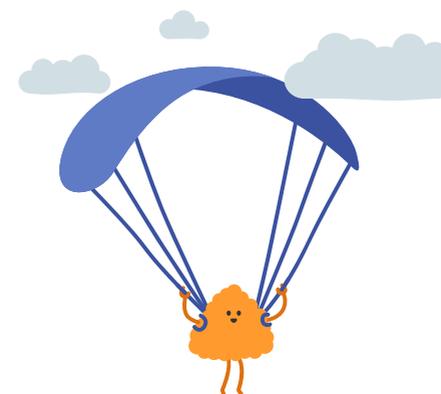
- www.harmless.org.uk

Young Minds

- www.youngminds.org.uk

Action for Children

- actionforchildren.org.uk



stem4, 51 St George's Rd, Wimbledon, SW19 4EA

 @stem4org  @stem4org  @stem4org

www.stem4.org.uk • enquiries@stem4.org.uk



Registered charity no. 1144506