Do you have what you would consider an eating disorder or disordered eating? (No formal diagnosis needed)

YES

Do you currently engage in any form of exercise? (This can be either healthy or unhealthy)

YES

EDEC is the right place for you:
We work alongside you to work towards a healthy relationship with exercise.

Whilst working towards a healthy relationship with exercise join our 'Recovery boxing club' to build social bonds, have fun and learn a new skill.

NO

Would you like to exercise in a healthy way, as a form of positive, meaningful, and social activity?

YES

EDEC is the right place for you!

We can help you safely return to exercise in a healthy way both psychologically and physically.

NO

EDEC is the right place for you!

We also work on the eating disorder and disordered eating even if you do not exercise. We draw from the following psychological therapies: Enhanced Cognitive Behavioural Therapy (CBT-E), Dialectical Behavioural Therapy, and MANTRA.

Contact us to find out more.

NO

Do you currently engage in any form of exercise?

YES

EDEC is the right place for you!

We can explore in detail your current relationship with exercise and work towards it being a positive aspect of your life.

NO

Would you like to start engaging in exercise in a healthy way?

YES

EDEC is the right place for you!

We can explore ways to integrate healthy exercise into your life.

NO

EDEC might not be the right place *right now*.

If anything changes feel free to get in touch.