



## **BATH SPA UNIVERSITY STUDENT WELLBEING SERVICES**

### **MENTAL HEALTH SERVICE: EATING DISORDERS PROTOCOL**

At Bath Spa University, we care deeply about the wellbeing of our students. This guide explains how we support students experiencing eating disorders, ensuring you receive the help you need in a safe and supportive environment.

#### **INTRODUCTION**

Eating disorders are serious health conditions. Our [Student Wellbeing Service \(SWS\)](#) is here to provide support and professional advice, following best practice guidelines to ensure you have access to the appropriate help at the right time.

#### **WHO THIS GUIDE IS FOR**

This guide is for students at Bath Spa University who may be experiencing [eating disorders](#) such as [anorexia, bulimia, binge eating disorder, or any other eating disorder](#), (either diagnosed or undiagnosed).

#### **HOW TO GET HELP**

##### **Reach Out :**

You can contact SWS and ask for help yourself, or speak with a trusted person, friend, family member or University staff and they can contact SWS on your behalf.

##### **Initial Meeting:**

You will meet with a Mental Health Advisor who will speak with you to understand your situation and explore next steps.

##### **Assessing Your Needs:**

We will work with you to assess any immediate health risks and speak with you about your options to help keep you safe and supported.

## HOW WE WILL HELP

### **Personalised Support:**

Based on your initial meeting and assessment, we will work with you to create a personalised support plan. We may ask for your permission to speak to your doctor to help you in the best way possible.

### **Specialist Referral:**

If you need more specialised help, we can, with your permission, refer you to the [STEPS Eating Disorders Service](#) and work together with them to ensure you get the best care possible.

### **Ongoing Communication:**

We stay in touch with local healthcare providers to ensure you receive coordinated and effective care.

## FITNESS TO STUDY

### **Health Indicators:**

[Higher Education Occupational Practitioners' Society \(HEOPS\) guidance](#) advises that a Body Mass Index (BMI) below 17.5 may indicate health risks that could affect your ability to study. If your BMI falls below this level, we will start the [Fitness to Study Procedure](#) to assess if your health allows you to continue your studies and what additional support you might need. Fitness to Study may also be triggered by serious concerns or risks not associated with BMI.

### **Support During the Process:**

We will provide ongoing support, including medical and psychological evaluations and a personalised support plan.

We treat all information about your eating disorder with strict confidentiality, following legal and ethical guidelines. We share information only with relevant parties and, whenever possible, with your consent.

## CONTACT INFORMATION

If you need more information or support, please [contact the Student Wellbeing Service \(SWS\)](#).

We are here to help you navigate your journey and ensure you receive the support you need to thrive at Bath Spa University.