

## **First Steps Eating Disorders in Student Services (EDISS) Transcript**

**MARKETING DESCRIPTION:** An explanation and background to the services that First Steps Eating Disorders in Student Services (EDISS) provides and signposting to their support services.

**WEBSITE:** <https://firststepped.co.uk/ediss-nottingham-self-help-group/>

The eating disorders in student services or EDISS has been supporting university students across Nottingham since 2015.

Engagement from students has been fantastic, with many praising the flexibility of the service and the personal experience staff has with eating disorders, citing that this allows them to see first-hand the possibility of recovery.

EDISS offers a variety of services, including one to one peer support, counselling, self-help groups, online befriending, drop-in support, and volunteering opportunities.

The eating disorders in student services has been a big comfort for me during the most difficult period of my life, as I tried to balance my PhD with my difficulties around eating. The service has been a great source of compassion and support, reassuring me that I can move forward and recover from my difficulties.

We recruit volunteers from various backgrounds, the approach that students find most appealing is that our service offers flexibility and that there's an opportunity to work with and directly support service users.

Volunteering for EDISS is an incredibly rewarding experience. It has allowed me to help others in a way that I haven't been able to before, and I've learnt so much from the journey. The staff are friendly, supportive, and accommodating which makes volunteering a great experience. Its warm environment and the dedication of the staff and volunteers is why I believe EDISS works so well as a service.