

**FREED Patient Service Charter**

The FREED (First Episode Rapid Early Intervention for Eating Disorders) service offers support to 18-25 year olds who have had an eating disorder for less than three years, offering early intervention in eating disorders providing rapid, specialised treatment for young people with a recent onset eating disorder (anorexia nervosa, bulimia nervosa, binge eating disorder or another eating disorder).

**The FREED patient service charter** provides a common language and view of ‘what good looks like’ for FREED patients and clinicians.

**The FREED pathway aims to:**

1. be non judgemental, respectful, understanding and supportive

2. communicate clearly, honestly, regularly and confidentially

3. offer specialist treatment quickly so that people can begin to make changes more rapidly

4. put you at ease and help you to feel able to share and discuss your needs openly

5. be trustworthy and supportive

6. provide expert, well informed advice, customised to individual needs and circumstances in order that you can make the changes you feel you need to make

7. understand the needs of your family and carers in order to provide the appropriate

support

8. be committed to supporting your recovery by challenging you and your behaviours,

when needed, to help you achieve your goals

**FREED patients aim to:**

1. be committed to the process of working with FREED and personalised recovery goals

2. identify, with support, what the obstacles to recovery are

3. follow through on goals agreed in sessions

4. be prepared to reflect when it is hard to achieve goals

5. consider what works well and what does not work well

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