

Some commendations

'The presentation by Nick Pollard and Dr Elizabeth McNaught was packed full of important and detailed information but in a way that made it very accessible. This information was further illustrated by powerful personal stories. Nick's perspective as a father was particularly poignant and insightful. Both staff and pupils found the presentation genuinely inspirational and educative. I recommend them highly'

Lisa Greatwood, Head of PSHE, Rugby School.

'Nick Pollard and Dr Elizabeth McNaught are both inspirational speakers who are able to articulate a very personal and powerful account of a young woman's journey towards overcoming anorexia, and the extent to which her family understanding and support was crucial to her recovery. They give clear, simple guidance to enable parents and teachers to listen and advise with confidence. I recommend them highly.'

Brenda McDonald, Director of Sixth Form, Kingston Grammar School.

For prices and to book, see FamilyMentalWealth.com/schools

Also available (free) from Family Mental Wealth

Spot the Signs of an eating disorder

Because early intervention is valuable
for a full and sustained recovery

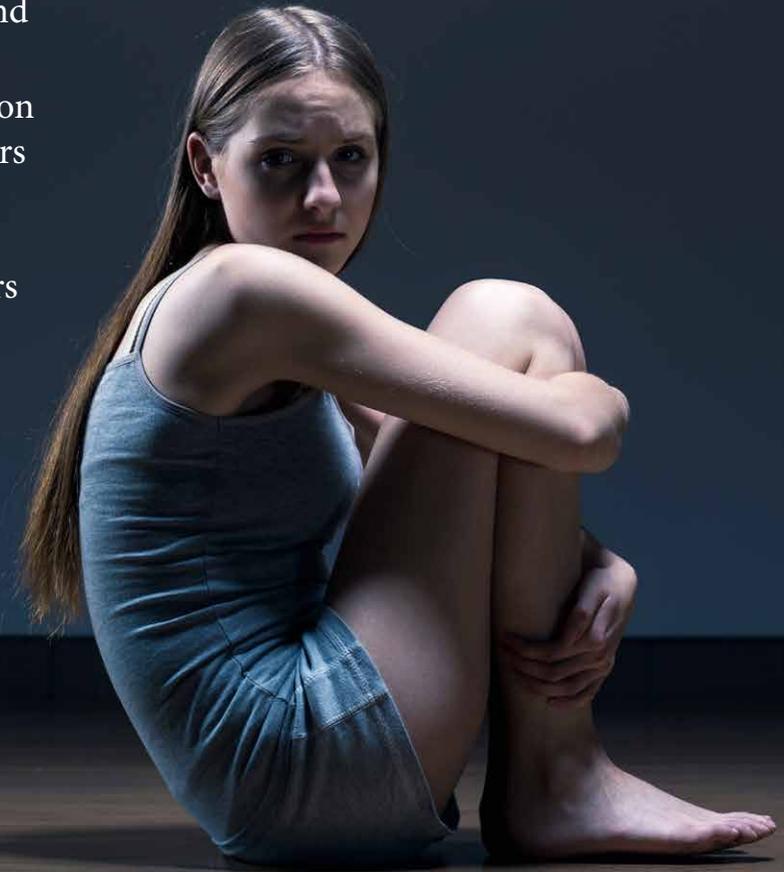
FamilyMentalWealth.com/SpotTheSigns

-  **Absence**
-  **Body**
-  **Control**
-  **Diet**
-  **Exercise**

'Although eating disorders can develop at any age, the risk is highest for young men and women between 13 and 17 years of age.' National Institute for Health and Care Excellence

From Risk to Resilience

Informative and
inspirational
presentations on
eating disorders
appropriately
tailored for
pupils, teachers
and parents.



Over a million people in the UK are directly affected by an eating disorder, with a serious impact on their life and education. But these can be averted by the appropriate knowledge and response of teachers, fellow students or parents.

Presenters

Nick Pollard BSc (Psych) MBPsS FRSA is the father of Dr Elizabeth McNaught and therefore has a personal, as well as professional, knowledge of eating disorders. When his daughter was very ill, he discovered important insights which became instrumental in her recovery. He is now the director of Family Mental Wealth, a social-enterprise working in co-operation with King's College London and the University of Southampton to facilitate family-based pro-active self-care for mental health and wellbeing.



Dr Elizabeth McNaught MBBS is a medical doctor with lived experience of eating disorders, having nearly died from anorexia at the age of 14. Since qualifying as a doctor she has written the best-selling book *Life Hurts: a doctor's personal journey through anorexia*. Dr McNaught now combines her clinical work as a hospital doctor with TV appearances and public speaking about mental health issues.

Format

From Risk to Resilience is normally presented by Nick Pollard, with Dr McNaught appearing by video. However, when her clinical diary allows, Dr McNaught will attend and speak in person. Nick Pollard (and Dr McNaught when available) will deliver up to two one-hour presentations on the same day, tailored for pupils or teachers/parents (but not a mixed group). Each attendee will be provided with a copy of the detailed handbook which we supply.



Dr Elizabeth McNaught and Nick Pollard on the BBC's *Victoria Derbyshire Show*.



Handbook for all attendees.

From Risk to Resilience

'Secondary school years are a crucial time for turning the risk of eating disorders into resilience against them. The current guidelines from the National Institute for Health and Care Excellence list fourteen indicators of an eating disorder; only four of which require medical knowledge, the other ten may be spotted first by a teacher, fellow student or parent.' Dr Elizabeth McNaught

Attendees will:

- Be inspired to see that the devastating impact of mental health issues, such as eating disorders, can be averted by the appropriate knowledge and response of teachers, fellow students or parents.
- Gain insight into a range of eating disorders, and their impact upon the person's life and education, in the context of other mental health issues.
- Build knowledge to help identify the most common biological, psychological and sociocultural risk factors for the development of an eating disorder, with parallels to other mental health issues.
- Build skills to help students turn those risk factors into resilience.
- Secure an ability to spot the most common signs of an emerging eating disorder, and related mental health issues, and build skills in responding appropriately.
- Be guided through a detailed handbook which attendees will take away to continue developing their knowledge and insight.



'Dr McNaught's speech at the Annual Conference of the Faculty of Eating Disorders got a standing ovation from the professionals.'
Dr Izabella Jurewicz, Royal College of Psychiatrists.

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