

Christmas can be overwhelming at the best of times, but it can be especially difficult for anyone who has concerns around body image.

If you, or someone you love, is struggling during the holidays **Tellmi** and **First Steps ED** are here to help.

Download **Tellmi** to connect to **First Steps ED** through the Tellmi Directory.

Download Tellmi



If you need additional support you can also access free, NHS funded **Tellmi Therapy** through the Tellmi Directory.



When you can't tell anyone else

