



## **FREED Site Information Sheet**

### **What is FREED?**

FREED stands for **F**irst Episode **R**apid **E**arly Intervention for **E**ating **D**isorders. It is a service model and care package for 16 to 25-year-olds who have had an eating disorder for three years or less. It serves as a complementary service within existing eating disorder services and treatments.

FREED helps young people to access specialised evidence-based treatment quickly. The goal is for treatment to start within 4 weeks of referral to an eating disorder service. It is a flexible evidence-based treatment approach focused on early intervention and on attending to the specific needs of young people in the early stages of an eating disorder, thus making it much more effective than traditional treatments at reversing the adverse changes caused by eating disorders.

For more information about the FREED network and registering your NHS eating disorder service with the FREED network, please visit:  
<https://freedfromed.co.uk/the-freed-network>

### **Why are FREED and EDGI working together?**

FREED sites provide highly specialised ED services and therefore treat many patients that are eligible to take part in EDGI. Recruitment to EDGI is also beneficial for FREED sites, as we are able to collect long-term anonymised outcome data on EDGI participants, which is not available to FREED sites as standard.

### **How to Get Involved**

EDGI is prioritising sites that are a part of the FREED Network. If your trust is involved in the FREED Network, please let us know and we will be able to move you up the waiting list to fast-track your launch process.

*Please note that recruitment for EDGI is not limited to FREED services, and trusts can use more than one method or site of recruitment. Trusts with FREED services can also recruit through other clinics.*

FREED sites that are interested in getting involved with EDGI should contact the EDGI NHS recruitment team at **EDGAdmin@kcl.ac.uk** to express interest or request more information. We can then begin discussions regarding your site's set up and involvement in the recruitment for EDGI.

Thank you for your interest in EDGI - we look forward to working with you!

