



Safeguarding Statement

Holding Space is committed to providing a safe, compassionate and supportive environment for everyone who accesses our service.

We recognise that people affected by eating disorders may be vulnerable and may sometimes share information that raises concerns about their safety or the safety of others.

Holding Space is a lived experience peer support service. We are not therapists, medical professionals or a crisis service.

Our Commitment

We will:

- Treat everyone with dignity, kindness and respect.
- Listen without judgement.
- Maintain confidentiality wherever possible.
- Take safeguarding concerns seriously.
- Act where we believe someone may be at risk of serious harm.

The safety and wellbeing of the individual will always be our priority.

Confidentiality

We respect the privacy of everyone who accesses our service.

However, confidentiality is not absolute.

Information may need to be shared if:

- There is an immediate risk of serious harm.
- There is a risk of harm to another person.
- There are safeguarding concerns relating to a child, young person or vulnerable adult.
- Emergency intervention is required.
- We are legally required to do so.

Wherever possible, we will aim to discuss this with the individual first.

Young People



Holding Space supports individuals aged 16 and over.

We recognise that 16 and 17 year olds are legally children and may require additional safeguarding considerations. Where appropriate, we may encourage young people to involve a trusted adult in their support.

Crisis Support

Holding Space is not an emergency service.

If you are at immediate risk of harm, please contact:

- 999
- NHS 111
- Your GP
- Your local mental health crisis team
- Your nearest Accident & Emergency department

Holding Space should never be your only source of support during a crisis.

Further Information

Holding Space maintains a full Safeguarding Policy and Procedure which guides how safeguarding concerns are managed within the organisation.