***James’ Biography:***

*James Downs is a writer, mental health campaigner, researcher and expert by experience in eating disorders. He holds various roles at the Royal College of Psychiatrists and NHS England aimed at improving support for those experiencing mental health problems and eating disorders, and for their carers. James also represents various UK mental health charities and is a yoga and barre teacher. He has written extensively about his own experiences - from textbook chapters to blog posts - with the hope that those who read his work find comfort, affirmation and hope.*