

ACHD Psychology Resources:

Eating Disorders

Useful resources:

NHS eating disorders (*information and support on eating disorders*)

<https://www.nhs.uk/conditions/eating-disorders/>

Mind (*has a website full of information on all sorts of mental health topics including eating disorders*)

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/>

'Beat' (*information and support on eating disorders*)

<https://www.beateatingdisorders.org.uk/support-services/helplines>

Helpline: 0808 801 067 , Student line: 0808 801 0811 , Youth line: 0808 801 0711

Samaritans (*offer a listening ear to anyone who is distressed, despairing or feeling suicidal. Their helpline is available day and night and is free*)_Tel: 116 123 (freephone)

<https://www.samaritans.org/?nation=wales>

Eating Disorders Support (*A charity who give help and support to anyone affected by an eating problem*)

Helpline: 01494 793223 <http://www.eatingdisorderssupport.co.uk>

Anorexia and Bulimia Care (*A charity which gives on-going care, emotional support and practical guidance for anyone affected by eating disorders*)

<http://www.anorexiabulimiacare.org.uk>

The New Maudsley Approach (*This website has materials and tools to help parents and carers of people with eating disorders to manage their caring role effectively and with less stress.*)

http://www.thenewmaudsleyapproach.co.uk/Home_Page.php

