

Eating Disorders Toolkit

Crisis Contacts



NHS Crisis Helpline
111 - Option 2



Text Shout
85258

Helpline

Beat
Eating disorders
0808 801 0677

Peer Support

- SWEDA
- Beat/SEED Support Groups
- Local Support Groups

Learn More

- Beat Eating Disorders
- The Laurence Trust
- FREED

Podcasts



Just Eat Normally: ED Recovery

Dr Rachel Evans talks to experts in ED recovery and ED survivors. Intended to help those recovering shift mindset, develop new skills and find their own version of normal eating.



Full of Beans

Increases awareness by drawing in on collective experiences and the importance of shared conversations.



Eating Disorder Diaries

Amy talks about her 15+ year struggle with bulimia, recovery and interviews others who have been part of her journey.

Books

Getting Better Bite by Bite

by Ulrike Schmidt

Decoding Anorexia

by Carrie Arnold



Social Media



@AllianceForED @EatingRecovery



YouTube RO Mitchell



Eating Disorder Support



@TranspireTraining
Instagram / Facebook

Videos

Anorexia - 3 Perspectives on the same Eating Disorder

Dr. Rachel Goldstein shares three stories inspired by real people suffering from anorexia nervosa.

Consider Eating Disorders in Men

University of Nottingham - This video shares the often unheard experiences of men with eating disorders and seeking help.

My Experience with ARFID

Tatiana Marie shares her experience with ARFID, her recovery journey and treatment.