







## Support for young people with eating disorders

If you have an eating disorder or are caring for a person with an eating disorder, Coronavirus (Covid-19) may be understandably causing a lot of stress and anxiety right now. There are several websites and online resources which contain advice and useful tips to help with managing eating disorders during this period of uncertainty. Your healthcare professional may provide further guidance or specific support to help during this time.

### Support groups

**Beat** (Eating disorders charity). Beat offer online and telephone support. In addition, Beat has an online group “The Sanctuary” created specifically in response to Coronavirus and subsequent anxieties.

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

 <p><b>Chat Rooms</b> Access our daily support groups. Please note these are only active when one of the online groups is running.</p> <p><b>ACCESS THE ROOMS</b> ▶</p>	 <p><b>The Aviary (Carers)</b> Sunday &amp; Tuesday 7pm. The Aviary is for carers or anyone supporting someone through recovery.</p> <p><b>FIND OUT MORE</b> ▶</p>
 <p><b>Swan (Anorexia Support)</b> Monday 7pm. The Swan online support group helps those suffering with anorexia.</p> <p><b>FIND OUT MORE</b> ▶</p>	 <p><b>Kingfisher (Bulimia Support)</b> Wednesday 7pm. The Kingfisher group offers support for people suffering with bulimia.</p> <p><b>FIND OUT MORE</b> ▶</p>
 <p><b>Nightingale (Binge Eating Disorder Support)</b> Friday 7pm. Nightingale supports people suffering with binge eating disorder.</p> <p><b>FIND OUT MORE</b> ▶</p>	 <p><b>The Sanctuary</b> Set up in response to the Coronavirus, Sanctuary is open throughout normal helpline hours.</p> <p><b>FIND OUT MORE</b> ▶</p>

### Anorexia and Bulimia Care

<http://www.anorexiabulimiacare.org.uk/> - This charity provides telephone support (03000 11 12 13) as well as online peer and family support.

### F.E.A.S.T

<https://www.feast-ed.org/> - An international organisation of parents & carers for parent & carers who have a loved one with an eating disorder.

F.E.A.S.T provides information and online support forums.

## Resources

The following websites provide helpful advice and fact sheets for young people with eating disorders and their parent/carers. Your healthcare professional may also give you advice on specific resources that are recommended for you.

<https://www.beateatingdisorders.org.uk/> - UK charity that provides phone, email and group support as well as factsheets, personal stories and printable resources.

<https://carescotland.co.uk/> - a valuable resource for parents and carers which has facts on eating disorders and skills to help management such as mealtime support.

<https://www.cci.health.wa.gov.au/> - the Centre for Clinical Interventions, a special Psychology service based in Australia. This website contains several factsheets about eating disorders that can be printed or downloaded as well as information on other mental health conditions.

<https://www.camhs-resources.co.uk/> - this website set up by CAMHS professionals contains useful links to websites and resources to support mental health and wellbeing.

<http://handsonscotland.co.uk/> - help and practical advice for supporting children and young people's mental health and emotional wellbeing. This website is for parents, carers and people who work with children and young people in Fife.

<https://www.sedig.org/> - A charity which connects parent, carers, people with eating disorders and professionals through information sharing and events.