

## Beat Eating Disorders

Beat Eating Disorders is a national telephone helpline, web chat and online information and advice service. They will listen to you, help you to understand the illness, and support you to take positive steps towards recovery. They can also support your family and friends. Helping them understand more, to develop essential skills and give advice. So they can help their loved ones recover whilst also looking after their own mental health.

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**Helpline:** 0808 801 0677

**Email:** [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

**Twitter:** <https://twitter.com/beated>

**Facebook:** <https://www.facebook.com/beat.eating.disorders>

**Youtube:** <https://www.youtube.com/user/beatingED>

**Cost:** Free

**Address:**

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