

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.

www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/online-support-groups

The Sanctuary

A support group for anyone with an eating disorder, running daily from 5pm.

Kingfisher

A support group for anyone who has or thinks they may have bulimia.

Nightingale

A support group for anyone who has or thinks they may have binge eating disorder.

Swan

A support group for anyone who has or thinks they may have anorexia.

Aviary

A support group for anyone supporting someone else with an eating disorder.

Invicta

A support group for gymnasts with eating disorders

Anorexia and Bulimia Care

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

www.feast-ed.org

An international organisation of parents and carers for parent and 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.

Beat Eating Disorders

www.beateatingdisorders.org.uk

UK charity that provides phone, email and group support as well as factsheets, personal stories and printable resources.

CaredScotland

caredscotland.co.uk

Available resource for parents and carers which has facts on eating disorders and skills to help management such as mealtime support.

Centre for Clinical Interventions

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.

CAMHS Resources

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.

HandsOn

www.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.