



edhit

Eating Disorder Health Integration Team

'Improving care and quality of life
for people with eating disorders'

Eating Disorder Support & Resources

A guide for anyone affected by eating disorders or eating
difficulties in Bristol, North Somerset & South Gloucestershire

How can this guide help?

This guide is designed to support anyone affected by eating disorders or eating difficulties; those struggling personally and their parents, families and friends, as well as professionals.

This guide contains a range of signposting information, advice and guidance from both local and national organisations and charities. Many of the organisations listed contain advice on self-help as well as access to support.

Disclaimer

The EDHIT is not responsible for the content of external websites listed within this guide. The inclusion of website links should not be understood as an endorsement.

Information correct at time of publishing (March 2023).

Contents

What are eating disorders / difficulties?	3
Local support groups	4-5
NHS eating disorder services - inpatient and community-based	5
Eating disorder charities and organisations	6-8
Eating disorder support app	9
Resource links	
Adults	10
Young people	11
Helplines	12
Crisis support	13
Crisis safe spaces	14
Notes	15

What are eating disorders / difficulties?

Eating disorders are complex mental health issues that involve distorted thoughts and behaviours around food, body shape and body weight.

Those with eating disorders can have a variety of symptoms. It can involve severe food restriction, eating large quantities of food at once, getting rid of food eaten through unhealthy patterns of behaviour (i.e., purging, laxative misuse, fasting or over-exercising), or a combination of these behaviours.

Types of eating disorder include:

- Anorexia nervosa
- ARFID (Avoidant/Restrictive Food Intake Disorder)
- Binge eating disorder
- Bulimia nervosa
- OSFED (Other Specified Feeding and Eating Disorders)

Eating disorders can be a way in which food is used to control difficult feelings; often used as a strategy to feel more able to cope and in control of life.

Eating difficulties involve any relationship with food that is difficult and negatively impacts day-to-day life. Anyone, regardless of age, gender, background or weight, can be affected by eating difficulties, as well as eating disorders.

With appropriate support, recovery is absolutely possible.

Local support groups

Bristol Eating Disorder Peer Support Groups

The groups provide a safe space for sufferers (age 18 years and over) and for friends/families/carers to offer support and understanding to one another. Meets every other Tuesday evening from 7:30pm - 9:00pm at Victoria Methodist Church, 1A Whiteladies Road, Bristol, BS8 1NU:

- The 2nd Tuesday of the month for people with eating disorders (aged 18 and over) and relatives, carers, friends
- The 4th Tuesday of the month for people with eating disorders only (aged 18 and over)

E-mail: bristolEDgroup@yahoo.com | Website: bristoleatingdisordersupportgroup.weebly.com

Food Addicts in Recovery Anonymous

Based on the 12-step programme of Alcoholics Anonymous, a fellowship of people who have experienced difficulties in life as a result of their relationship with food and eating.

Website: www.foodaddicts.org

Overeaters Anonymous Great Britain

National support group meetings for those struggling with compulsive overeating. Support based on the AA 12 step recovery approach.

Email: general@oagb.org.uk | Website: www.oagb.org.uk



Somerset & Wessex Eating Disorder Association (SWEDA) - Self-help support group

This group is open to anyone who has or has had an eating disorder, thinks they may have an eating disorder, has a 'difficult' relationship with food or their body, or supports a person with an eating disorder. Face-to-face group meetings take place on the first Wednesday of every month, 7:00-8:30pm at SWEDA, The Coach House, Harvest Court, Park Road, Shepton Mallet, BA4 5BS. Zoom meetings running on the remaining Wednesdays, 7:00-8:30pm.

Phone: 01749 343 344 | Email: support@swedauk.org | Website: www.swedauk.org

Somerset & Wessex Eating Disorder Association (SWEDA) - Family and friends support group

This user-led group is aimed at friends and families of people affected by an eating disorder or their relationship with food, eating, weight or body image. Online meetings take place on the first Thursday of every month, 7:00-8:00pm via Zoom.

Phone: 01749 343 344 | Email: support@swedauk.org | Website: www.swedauk.org

Well Aware

The Well Aware website provides information on a wide range of support groups, community groups, events and activities that can help improve your health and wellbeing in Bristol and South Gloucestershire.

Website: www.wellaware.org.uk

NHS eating disorder services - inpatient and community-based**STEPS, Avon & Wiltshire Mental Health Partnership NHS Trust (AWP)**

The STEPs eating disorders community team provides compassionate and evidence-based care to adults in Bristol, North Somerset, South Gloucestershire and Bath & North East Somerset, with a suspected or confirmed eating disorder diagnosis. The STEPs inpatient service provides care to adults with a diagnosis of anorexia nervosa, bulimia nervosa and eating disorder not otherwise specified (EDNOS). See website for referral information.

Tel: 0117 354 6920 | Email: awp.contactsteps@nhs.net

Website: www.awp.nhs.uk/our-services/community-services/eating-disorders

CAMHS, Avon & Wiltshire Mental Health Partnership NHS Trust (age 5-18)

CAMHS (Child and Adolescent Mental Health Services) offer support and treatment to children and young people with specific eating disorders, who have a registered GP in Bristol, North Somerset and South Gloucestershire.

Website: www.awp.nhs.uk/camhs/conditions/eating-issues

FREED - First Episode Rapid Early Intervention for Eating Disorders (age 16-25)

The FREED website provides information on eating disorders, the importance of early intervention, and how to seek help. There are resources you can download and stories from young people who have recovered from an eating disorder.

Website: www.freedfromed.co.uk

Eating disorder charities and organisations

Beat - Beating Eating Disorders

UK's leading charity supporting those affected by eating disorders and campaigning on their behalf - adults, students and under 18s. Whether you need 1-2-1 emotional support, want to connect with others or to learn new skills, Beat have a range of support services to help.



- Adult Helpline - Tel: 0808 801 0677 | E-mail: help@beateatingdisorders.org.uk
- Youthline (under 18s) - Tel: 0808 801 0711 | E-mail: fyp@beateatingdisorders.org.uk
- Studentline (students) - Tel: 0808 801 0811 | E-mail: studentline@beateatingdisorders.org.uk
- General Support - Tel: 0300 123 3355 | Website: www.beateatingdisorders.org.uk

Family Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T)

An international organisation of and for parents and caregivers to help loved ones recover from eating disorders by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

E-mail: info@feast-ed.org | Website: www.feast-ed.org

FREED - First Episode Rapid Early Intervention for Eating Disorders (age 16-25)

The FREED website provides information on eating disorders, the importance of early intervention, and how to seek help. There are resources you can download and stories from young people who have recovered from an eating disorder.

Website: www.freedfromed.co.uk





MaleVoiced - Male voices with eating disorders

MaleVoiced is a charity which recognises and values the lived experience of males who have experienced, or are experiencing, eating and exercise related difficulties and associated co-morbid conditions.

E-mail: admin@malevoiced.com | Website: www.malevoiced.com

National Centre for Eating Disorders (NCFED)

The NCFED provides training for professionals and resources for those struggling with eating disorders.

Tel: 0845 838 2040 | Email: admin@ncfed.com | Website: www.eating-disorders.org.uk

Pathway for Eating Disorders & Autism developed from Clinical Experience (PEACE)

PEACE has developed a range of excellent blogs and resources specific to those affected - those with the comorbidity, their carers, and clinicians. PEACE wants people to be seen and for their autism to be acknowledged, understood and supported. They want carers to be recognised for the amazing jobs they are doing and to help support them, and they want clinicians to grow in both knowledge and confidence at supporting this group.

Website: peacepathway.org

Support and Empathy for people with Eating Disorders (SEED)

SEED's mission is to create a facility that provides sufferers and carers alike with confidential independent and non-judgemental advice and support to ensure they are aided by the best possible network of care and support to facilitate recovery.

Tel: 01482 718 130 | Email: hello@seed.charity | Website: www.seedeatingdisorders.org.uk

Somerset & Wessex Eating Disorder Association (SWEDA)

Provides support to anyone affected by eating disorders, including anorexia nervosa, bulimia nervosa, compulsive eating, binge eating disorder and all related conditions.

Tel: 01749 343 344 | Email: support@swedauk.org | Website: www.swedauk.org

Talk ED - Let's Talk Eating Disorders (*formally Anorexia & Bulimia Care*)

A national charity supporting anyone affected by any eating disorder or eating distress.

Support offered:

- 1:1 support calls
- Peer support groups - individual support group, or family, friends and carers support group
- Befriending - one-to-one peer recovery support, weekly for 6 months.
- 'First Steps to Recovery' workshops and
- E-courses for professionals

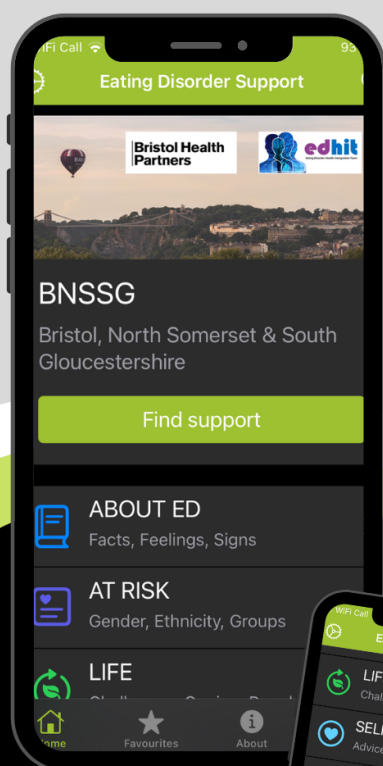
Website: www.talk-ed.org.uk



Eating disorder support app

DOWNLOAD THE NEW

EATING DISORDER SUPPORT APP

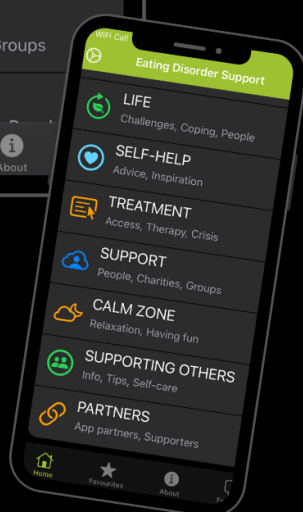


The Eating Disorder Support App enables people with disordered eating and eating disorders, and people close to them, to find useful information, self-care tips and links to support.



Free download

www.expertselfcare.com/eating-disorder-support-app



“

“The eating disorder support app is so amazing. There is so much information, coping strategies, advice for tackling lots of situations and so much information in one place, and it's so well presented and easily accessible. It has a wealth of information in one place that covers so many recovery tools, wellbeing tools, ideas for practical things to make and have to ride the wave, and also help for carers/relatives. It's clear a lot of thought and expertise has gone into it. I feel it's unique and it is a one-stop-shop for so much information and support.”

Eating Disorder Service User

“This app is extremely useful either as a person with an ED or for anyone wishing to learn how to best support someone with an ED. It is packed full of useful information, easy to navigate and accessible. As a teacher I would say it is an excellent resource for supporting young people and helping to identify early signs. So useful to have so much information all in one place”.

H.T., Teacher

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For further information, email knut.schroeder@expertselfcare.com

Developed in collaboration between the Bristol Health Partners Eating Disorders Health Integration Team (EDHIT) and Expert Self Care, and co-produced with public contributors, topic experts, charities and other partners

Resource links

Adults

Mind - Eating problems

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

National Autistic Society - Eating disorders

www.autism.org.uk/advice-and-guidance/topics/mental-health/eating-disorders

National Institute for Health and Care Excellence (NICE) guidelines - Eating disorders

www.nice.org.uk/guidance/conditions-and-diseases/mental-health-and-behavioural-conditions/eating-disorders

Rethink - Eating disorders

www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/eating-disorders

National Eating Disorders Association (NEDA) - Identity and eating disorders

www.nationaleatingdisorders.org/identity-eating-disorders

Royal College of Psychiatrists - Anorexia and bulimia

www.rcpsych.ac.uk/mental-health/problems-disorders/anorexia-and-bulimia

Centre for Clinical Interventions (CCI) - 'Break Free from Eating Disorders' resource (*updated July 2022*), 13-module workbook, informed by evidence-based treatments and references materials by leading eating disorder clinicians. All the online resources are divided into sections for specific audiences; 'looking after yourself', 'looking after others', or 'for clinicians'.

www.cci.health.wa.gov.au/Resources



Young people



The Mix - Eating disorders

www.themix.org.uk/mental-health/eating-disorders

Kooth - Online mental wellbeing community for children and young people

www.kooth.com

Off The Record Bristol & South Glos - Body image

www.otrbristol.org.uk/whats-going-on-for-you/body-image

Royal College of Psychiatrists - Eating disorders: for parents and carers

www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/eating-disorders-in-young-people-for-parents-and-carers

Royal College of Psychiatrists - Weight exercise and eating disorders

www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-about-weight-and-eating

YoungMinds booklet - A guide for young people: eating problems

www.youngminds.org.uk/young-person/my-feelings/eating-problems

Concerned about the mental health of yourself or a loved one?

These helplines can offer expert information and advice.

Alcoholics Anonymous	0800 917 7650
Autism (National Autistic Society)	0808 800 4104
CALM (men aged 15-35)	0800 585 858
Childline (under 19s)	0800 11 11
FRANK (national drugs helpline)	0300 123 6600
Mind Infoline	0300 123 3393 or text 86463
Mindline Trans+ (trans, non-binary support)	0300 330 5468
Nilaari (BAME)	0117 952 5742
National Domestic Abuse Helpline	0808 200 0247
NHS 111 (non-emergency medical help)	111
No Panic (panic attacks, OCD and phobias)	0844 967 4848
OCD UK	0333 212 7890
Papyrus Hopeline (under 35)	0800 068 4141
Rape Crisis	0808 802 9999
Self Injury Helpline	0808 800 8088
Silver Line (older people)	0800 470 8090
Stand Against Racism & Equality (SARI)	0117 942 0060
Stonewall (LGBT+)	0800 0502020
Switchboard (LGBT+)	0300 330 0630
Victim Support	0808 168 9111
Womankind Bristol (distress, domestic abuse)	01179 166 461



Crisis support

Life threatening medical emergency - call **999**

AWP NHS Trust 24/7 response line - dedicated telephone line for anyone who may be worried about their own or someone else's mental health across all of Bristol, North Somerset and South Gloucestershire area. Call **0800 953 19 19**.

NHS 111, select option 2 - if you are feeling unsafe, distressed or worried about your mental health.

Samaritans - 24hr helpline, call **116 123** or e-mail jo@samaritans.org.

Shout text service - Free and confidential 24/7 text service, for anyone in crisis. Just text 85258.

Adults	Text ' SHOUT '	
Young people	Text ' YM '	to 85258
Deaf community	Text ' DEAF '	
LGBTQ+	Text ' SWITCHBOARD '	

Suicide prevention helpline UK - call **0800 689 5652** (available 6:00pm to 3:30am).



Crisis safe spaces

The Sanctuary, covering Bristol area

Bristol Sanctuary is a place to go when you are in serious emotional distress. They aim to provide a safe, comfortable and welcoming environment where you can take stock and find some balance.

They offer phone support as well as face to face sessions at Gloucester House, Dorian Way, Southmead Hospital, Bristol, BS10 5NB. Sessions are by appointment only. The Sanctuary is open on Thursday to Monday evenings, from 4pm until 11pm, with the first available face to face appointment at 5pm. Anyone over 16 years living in Bristol can access the service.

Tel: 0117 954 2952 | Email: awp.bmhsanctuary@nhs.net |
www.mungos.org/our-services/the-sanctuary/

Safe Haven Crisis & Recovery Centre, covering North Somerset and South Gloucestershire area

The Safe Haven Crisis & Recovery Centre provides a safe space for people in acute emotional distress and is based in Weston-Super-Mare's town centre. The centre is open 7 days a week, between 4pm and midnight (by appointment only, last appointment is 11pm). People aged 16 and over can self-refer to the service or be referred by a relevant professional - such as a GP, police officer, paramedic, social worker or voluntary organisation.

Tel: 01934 313 480 | E-mail: refer.safehaven@nhs.net |
www.second-step.co.uk/our-services/community-and-wellbeing/safe-haven-crisis-and-recovery-centre



Notes

**Bristol Health
Partners**


Avon and Wiltshire
Mental Health Partnership
NHS Trust

This guide brings together signposting resources and was co-produced by EDHIT Patient and Public Involvement (PPI) team, in collaboration with contributing partners.

If you have any feedback or comments regarding this guide, please do get in touch with us at helloedhit@gmail.com.

The Eating Disorders Health Integration Team is a team of people with lived experience of eating disorders, psychologists, academics, commissioners, care and support providers and other experts, working together to improve the lives of people with eating disorders in Bristol.

 [@EDHITBristol](https://twitter.com/EDHITBristol)  [@helloedhit](https://www.instagram.com/helloedhit)

www.bristolhealthpartners.org.uk/health-integration-teams/eating-disorders