

A photograph of two young women of African descent smiling and looking towards the right. The woman on the left is wearing a dark green beanie and a grey and blue jacket. The woman on the right has curly hair and is wearing a dark jacket. The background is a soft-focus outdoor setting.

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

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.

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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, avoiding certain foods or food groups entirely, 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

Eating disorder peer support group (Bristol area)

Email: bristolEDgroup@yahoo.com | Facebook: 'Bristol Eating Disorders Peer Support Group'

EATING DISORDER PEER SUPPORT GROUP

We have been running the Bristol Eating Disorder
Peer Support Group for around 30 years!

We offer free self-help groups twice a month:

The **2nd Tuesday of the month** for people with eating disorders
and/or loved ones and supporters

The **4th Tuesday of the month** for people with eating disorders only

The meetings run from 7.30pm to 9pm, with doors open from
7.20pm for a hot drink and a chat. There will be 2 facilitators on
hand to give some structure to the conversation if needed.

We are located at:

Victoria Methodist Church, 1A Whiteladies Road, BS8 1NU, Bristol.

Look for a door to the left of the church, and for a board marked
BEAT indicating the way. Open to anyone aged 18 and over.

No booking required. Scan below for more info.



Focus - Eating disorder support group (Bath area)

The eating disorder support group has been running successfully at Focus for the past 16 years. The group takes a pro recovery approach and is an opportunity to share ideas and talk about feelings without going into details of eating disorder behaviour that might be triggering to others. Currently, the group runs weekly as a hybrid with one week online and the other face to face on Thursday evenings, 7:00-8:00pm, Focus Bath, 36 Gay St, Bath, BA1 2NT. To self-refer to the group, find out more and receive the group's mission statement/agreement, get in touch.

Phone: 01225 330 096 | Email: EDSG@focusbath.com | Website: www.focusbath.com

SWEDA - Self-help support group (Somerset area)

This group is open to anyone who has or has had an eating disorder, thinks they may have an eating disorder, or has a 'difficult' relationship with food or their body. It's a place to feel heard, to find community among other people navigating recovery, and to share recovery tips with each other.

- Online meetings (via Zoom) on two Wednesdays of every month, 7:00-8:00pm.
- Face-to-face group on the first Wednesday of every month, 7:00-8:30pm. Each session will focus on a particular theme that the facilitators will bring to the group.

Online self-referral form.

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

Overeaters Anonymous Great Britain

Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviours. We welcome everyone who feels they have a problem with food. Support based on the AA 12 step recovery approach.

Online and in-person groups available (including Bristol area).

Website: www.oagb.org.uk

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)

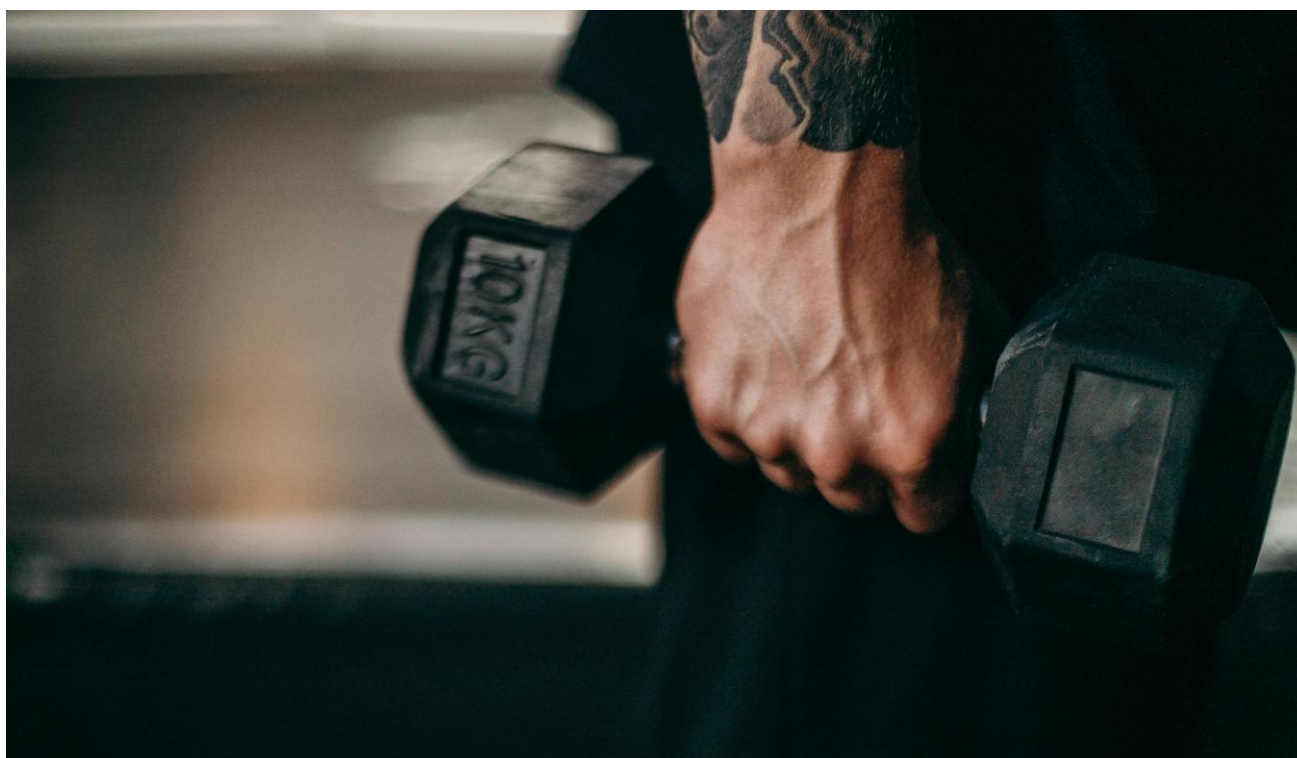
An international organisation of and for parents and caregivers to help loved ones recover from eating disorders by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

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

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

SWEDA

Provides support to anyone affected by eating disorders, including anorexia nervosa, bulimia nervosa, compulsive eating, binge eating disorder and all related conditions. Inspiring hope and empowering recovery across the South and West of England.

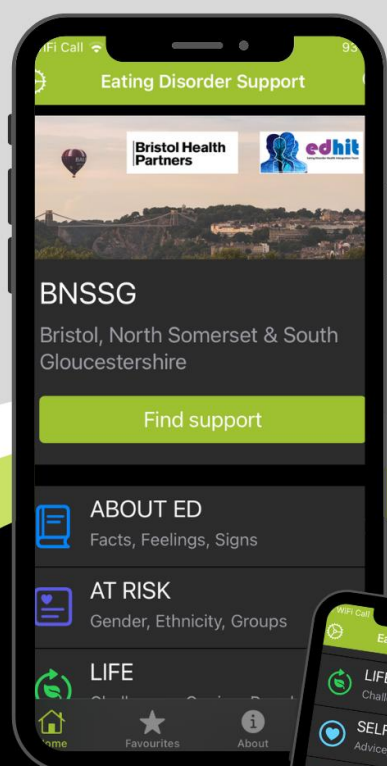
Tel: 01749 343 344 | Email: support@swedauk.org | Website: www.swedauk.org



Eating disorder support app

DOWNLOAD THE NEW

EATING DISORDER SUPPORT APP

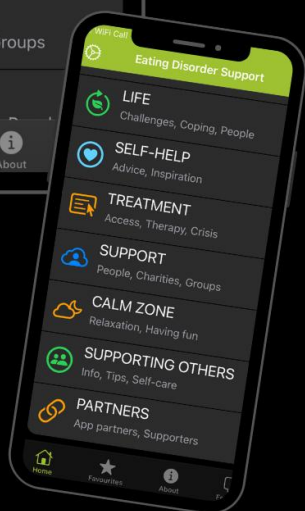


The Eating Disorder Support App enables people with disordered eating and eating disorders, and people close to them, to find useful information, self-care tips and links to support.



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

”

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

Wellbeing colleges

Wellbeing colleges provide free workshops and courses for adults aged 18+ to improve mental health, emotional well-being, and personal development.

Courses take place in community venues and online.

Bristol Wellbeing College (covering Bristol and South Gloucestershire) provide a range of courses and workshops for self-expression, habit and lifestyle changes, in-depth self-reflection, and long-term planning.

Phone: 0117 914 5498 | Email: bristol.wellbeing.college@second-step.co.uk |

Website: www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/

North Somerset Wellbeing College provide online and in-person activities aimed at supporting recovery and self-care. These include mindfulness, creative arts and emotional intensity management, etc.

Phone: 0333 023 3504 | Email: nswellbeing@second-step.co.uk |

Website: www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing/



Crisis safe spaces

The Sanctuary, covering Bristol area

The Sanctuary, which is based at Gloucester House, Southmead Hospital, is a safe space where people (age 16 years and older) can go for mental health support if they're having trouble coping with life or feeling lonely or isolated. It's a place to pause, take a breather, and find some balance when things feel overwhelming. Support is offered face to face, on the phone, or via Zoom. Open 6 nights a week, Thursday to Tuesday (closed Wednesday) with appointments available from 5pm-11pm. Sessions are by appointment only, phone or email to book.

Tel: 0117 4547 980 | Email: refer.sanctuary@nhs.net |

www.second-step.co.uk/our-services/community-and-wellbeing/the-sanctuary-bristol/

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

The Safe Haven Crisis & Recovery Centre provides a safe space for people (age 16 years and older) in acute emotional distress and is based in Weston-Super-Mare. The centre is open 7 days a week, between 6pm and midnight (by appointment only, last appointment is 11pm).

Support is offered face to face, on the phone, or via Zoom. Self-refer via phone or email.

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



Crisis support

Life threatening medical emergency - call **999**

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 UK - Free helpline **0800 689 5652**. Support for anyone who may be struggling with their mental health and/or thoughts of suicide. Callers of all languages welcome, facilitated by Language Line Solutions. To assist individuals with hearing and/or speech impairments, use Relay UK, contact: 1800108006895652.



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-behavioural-and-neurodevelopmental-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) - Disordered eating workbooks and resources; 'looking after yourself', 'looking after others', or 'for clinicians'. Free to download.

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

Physiotherapy Eating Disorder Professional Network - Managing activity and exercise with an eating disorder

https://cpmh.csp.org.uk/system/files/managing_activity_and_exercise_with_an_eating_disorder_booklet_pedpn2l.pdf



Young people



Beat - Eating disorders and social media

www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/eating-disorders-and-social-media/

YoungMinds booklet - A guide for young people: eating problems

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

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

Preparing for University - A guide for those recovering from an eating disorder

https://freedfromed.co.uk/img/guides/Preparing_For_University-FREED.pdf

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

Notes

**Bristol Health
Partners**

NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

This guide was co-produced by EDHIT Patient and Public Involvement (PPI) team, in collaboration with contributing partners. If you have any feedback or comments, 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.



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@helloedhit

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

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