

EATING DISORDERS

Anorexia Nervosa is an eating disorder which leads to weight loss, loss of appetite, and poor self image. Bulimia Nervosa is a secretive cycle of bingeing and self induced vomiting, and an inability to sustain a stable eating pattern and body weight.

ANOREXIA AND BULIMIA CARE (ABC)

Telephone: 01462 42351

Visit this site for information on the two disorders, how to recover, and advice for parents and family, resources and useful contacts.

PO Box 173, Letchworth, Herts. SG6 1XQ

Website: www.anorexiabulimiare.co.uk

BEAT

beat is the leading UK charity for people with eating disorders and their families. **beat** is the working name of the Eating Disorders Association, and they continue to build on the strong foundations of the past 18 years of work.

Helpline: 08456 341414

Monday to Friday 10:30am - 8:30pm

Saturdays 1:00pm - 4:30pm

Sunday ~ Closed

Bank Holidays 11:30am - 2:30pm

Youthline: 08456 347650

Text: 07786 20 18 20

Monday to Friday 4:30pm - 8:30pm

Saturdays 1:00pm - 4:30pm

Sunday ~ Closed

Bank Holidays 11:30am - 2:30pm

103 Prince of Wales Road, Norwich NR1 1DW

Website: www.b-eat.co.uk

NATIONAL CENTRE FOR EATING DISORDERS

Telephone: 0845 8382040

54 New Road, Esher, Surrey KT10 9NU

Website: www.eating-disorders.org.uk/index.htm

ANOREXIACARERS.CO.UK

This website gives advice for carers, details of symptoms and the road to recovery, and possible dangers of the disease.

Website: www.anorexiacarers.co.uk

You can also receive help from your local **GP**, who can put you in touch with a **counsellor** or other local links. **Youths can also ring Child line for free on 0800 1111 for a chat and some advice.**

in Connect Wyre Forest
10-12 Blackwell Street
Kidderminster
DY10 2DP

Telephone: 01562 60241 (Business Line)

Telephone: 0800 970 7202 (Helpline)

Fax & Minicom: 01562 68248

Email: info@nwdial.org.uk

Website: www.nwdial.org.uk



Registered Charity No: 1053933

BREaD**Telephone: 01527 879157**

Community Services for Eating Disorders is based in Bromsgrove, and can offer local support such as workshops, stress management, counselling, and self help options.

Spadesbourne House, 184 Worcester Road, Bromsgrove B61 7AZ

Website: <http://bread-eatingdisorders.org.uk>

TOAST (THE OBESITY AWARENESS & SOLUTIONS TRUST)**Telephone: 01279 866010**

TOAST is a completely independent Charity. It derives its income from individual donations and membership fees from those who wish to support its work for the benefit of those living and working with obesity. Whilst TOAST also receives support from time to time from pharmaceutical companies and other organisations dealing with obesity and weight loss issues, it remains an autonomous organisation, operating on an impartial basis, free from all external control.

The Latton Bush Centre, Southern Way, Harlow, Essex CM18 7BL

Website: www.toast-uk.org

NATIONAL OBESITY HELPLINE**Telephone: 0845 0450225****SOMETHING FISHY**

A website Dedicated to raising awareness and providing support to people with Eating Disorders, and their loved-ones.

Website: www.somethingfishy.org/default.php

We cannot be held responsible for the level of service provided by the organisations included in this publication.

All details correct at time of publication, if you find that this info is inaccurate please call us.

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