



Eating Distress

Last updated June 2024

Contents:

General Support	1
Support for specific eating disorders	2
For specific demographics	2
PoC	2
Faith-Specific Support	2

General Support

- **BEAT Eating Disorders** (helpline/webchat/info/email/support) is the UK's Eating Disorder Charity, aiming to support those suffering from any form of eating distress or eating disorder.
<https://www.beateatingdisorders.org.uk/>
 - Phone: 0808 801 0677
 - Monday-Friday (3pm-8pm)
 - Webchat:
<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/one-to-one-web-chat/>
 - Monday-Friday (3pm-8pm)
 - Email: help@beateatingdisorders.org.uk
- **Freed** (info) has a range of information and guides about eating disorders and eating distress
<https://freedfromed.co.uk/>
- **Mind** (info) has a range of information on eating distress and eating disorders
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/>
- **TalkED** (info/support). A national, peer-led charity supporting anyone affected by any eating disorder or eating distress. They are able to provide recovery-focused nutrition coaching, befriending and training.
<https://www.talk-ed.org.uk/>



Support for specific eating disorders

- **ARFID Awareness UK** (info). Provides information and research to individuals, parents, carers and medical professionals.
<https://www.arfidawarenessuk.org/>
- **Diabetes UK - Diabulimia and diabetes** (helpline/info/email)
Information and support for those with diabetes and diabulimia.
<https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/diabulimia>
 - Phone: 0345 123 2399
 - Monday-Friday (9am-6pm)
 - Email: helpline@diabetes.org.uk
- **Guts UK - an overview of Rumination Syndrome** (info). This fact sheet contains information on the symptoms, causes, diagnosis and treatment of this condition.
<https://gutscharity.org.uk/advice-and-information/conditions/rumination-syndrome/>
- **Overeaters Anonymous** (support). Find a local non-judgemental support group for dealing with compulsive/binge eating through a 12-step recovery programme. Nearest is in Newcastle.
<https://www.oagb.org.uk/>

For specific demographics

PoC

- **Orri** (info) has information around the relationship between black community and eating disorders.
<https://www.orri-uk.com/eating-disorders-and-the-black-community/>

Faith-Specific Support

For general faith-specific support, see the Religion and Religious Helplines document

- **Freed** (info) talks about how to cope with an eating disorder during Ramadan.
https://freedfromed.co.uk/img/guides/Ramadan%20and%20Eating%20Disorders%20Brief%20guide_Shortened.pdf