

## Self Help Resources – Useful sites & Information

### Eating Disorders

**Beat** offers information, helplines and local support groups to people with eating disorders and their families.

[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)

**Men Get Eating Disorders Too** offers information, helplines and support groups for male sufferers and their families.

[www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk)

**Social Media and Apps – Friends or Foes?** – A guide to help address concerns about body image, eating disorder and mental health.

[www.slam.nhs.uk/media/426761/managing\\_social\\_media\\_final.pdf](http://www.slam.nhs.uk/media/426761/managing_social_media_final.pdf)

**Anorexia and Bulimia** – Information for anyone who is worried about themselves, a friend or a relative.

[www.rcpsych.ac.uk/healthinformation/problemsanddisorders/anorexiaandbulimia.aspx](http://www.rcpsych.ac.uk/healthinformation/problemsanddisorders/anorexiaandbulimia.aspx)

**Support for a Friend** – Tips for supporting a friend with an eating disorder.

[www.studentminds.org.uk/supportforafriend-eatingdisorders.html](http://www.studentminds.org.uk/supportforafriend-eatingdisorders.html)

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