

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.b-eat.co.uk

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

www.mengetedstoo.co.uk

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

www.rcpsych.ac.uk/mentalhealthinfo/problems/eatingdisorders/eatingdisorders.aspx

Understanding Eating Disorders is written by students who have managed university whilst working towards recovery of eating disorders, to help students with eating disorders to take positive steps towards healthy minds and healthy bodies. It is also written to help friends understand how to be supportive.

www.studentminds.org.uk/understanding-eating-disorders.html

Worries about weight and eating problems: Information for young people

www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/youngpeople/worriesaboutweight.aspx

[X](#)

Last updated: Sept 2017