

Eating disorder resources

Compiled by Umairah Malik, Alex Bell and Michael Vasey

About this section

In this section you will find a list of UK and international eating disorder organisations, books, podcasts and other resources providing information and support for people with eating disorders, their families and clinicians.

To find resources that might be particularly relevant to you, look for the coloured markers.

-  If you have an eating disorder, or think you might have an eating disorder, these resources might be particularly relevant to you.
-  If you are a family member, friend or carer of someone with an eating disorder, these resources might be particularly relevant to you.
-  If you are a clinician or other professional with responsibility for someone with an eating disorder, these resources might be particularly relevant to you.
-  Organisations that are focused on providing help in a particular country or region are identified by the national flags for those countries, but you might still find the resources helpful if you live in another country.
-  Organisations that provide support and resources that are accessible to all are indicated by a globe symbol.

We hope that you find these resources helpful.



Eating disorder organisations



Beat Eating Disorders

 beateatingdisorders.org.uk

 help@beateatingdisorders.org.uk

 0808 801 0677 (from within UK only)

Beat
Eating disorders

Beat is the UK's eating disorder charity, with a vision of an end to the pain and suffering caused by eating disorders, offering a national helpline to provide information and support for people with eating disorders, their families, friends and carers.

Beat campaigns to increase knowledge among healthcare and other relevant professionals, and for better funding for high-quality treatment, so that when people take the vital steps towards recovery, the right help is available to them.

A selection of the resources available on the Beat website can be found below.

Resources for people with direct experience, carers and professionals

Beat's [national helpline](#) is open from 3pm to 8pm, Monday to Friday. Support on the helpline is available by phone, email, webchat, social media and letter. It is open to people of all ages and backgrounds, offering support and information about eating disorders to people worried about themselves or a loved one, and for professionals.

[Helpfinder](#) is an online directory of eating disorder support services in the UK.

If you would like to learn more about eating disorders, there is some more information [here](#).

People with direct experience

Beat also offers a number of [online support groups](#) for those with eating disorders. You don't have to have a formal diagnosis to use any of them.

If you are struggling to know where to start in accessing support, [this page](#) offers a step-by-step guide on what you can do next.

People with direct experience and carers

There are many [downloads and resources](#) available on Beat's website, including a reading list, a carer's pack and a GP leaflet. This can be taken to a first appointment to seek a referral to an eating disorder specialist.

If, in the course of you seeking help, you or a loved one is denied treatment for, or information about, an eating disorder, [this page](#) is designed to help you overturn that decision.

Carers

Beat has different training and coaching programmes for anyone who is supporting or caring for someone with an eating disorder, with more information available [here](#).

[POD](#) is Beat's Peer Support and Online Development platform for carers, a space designed for people who are supporting a loved one with an eating disorder. It is an e-learning platform and community for carers with access to online modules, resources and spaces to talk with peers to help you better support your loved one.

Professionals

In collaboration with NHS England, the [eating disorders training for health and care staff programme](#) is designed to ensure that healthcare staff are trained to understand, identify and respond appropriately when faced with a patient with a possible eating disorder. This includes modules for medical students, foundation doctors, the nursing workforce, GPs, the primary care workforce, dietitians, oral health teams, community pharmacy teams and those in acute medical settings. It also includes training on medical monitoring.

Beat also offers [training](#) for school and university staff, as well as holding regular [workshops](#) for healthcare professionals and those who work with people with eating disorders.

[SPOT](#) (School Professionals Online Training) is an e-learning platform offering a range of interactive modules, monthly Q & A sessions and interactive webinars delivered by expert clinicians for school professionals.



PEACE Pathway

peacepathway.org

PEACE (Pathway for Eating disorders and Autism developed from Clinical Experience) supports autistic people who have an eating disorder, their loved ones and clinicians.

PEACE offers a support network for sharing materials, tips and knowledge, with the aim of creating a community of autistic people with eating disorders, their carers and clinicians.

PEACE supports clinicians to develop their knowledge and confidence so that they can better support autistic people with an eating disorder under their care.

The PEACE website provides blogs and resources developed specifically for autistic people with an eating disorder, their carers and clinicians.

See the article on [page 47](#) of this issue for an account of the development of the BOB (Buckinghamshire, Oxfordshire and Berkshire) PEACE Pathway for children and young people.



FREED

freedfromed.co.uk

FREED (First Episode Rapid Early Intervention for Eating Disorders) is a service for those aged 16 to 25 years who have had an eating disorder for three years or less to provide rapid access to specialised evidence-based treatment and support tailored to their needs.

FREED is a flexible, evidence-based treatment approach, focused on early intervention.

The FREED network consists of all eating disorder services that have implemented the FREED treatment approach and provides access to evidence-based protocols and patient resources to support early intervention in eating disorders.

GPs and other health professionals can access helpful guides or register for online training via the FREED website.



First Steps Eating Disorders

firststepsed.co.uk

info@firststepsed.co.uk

+44 (0)300 102 1685

First Steps Eating Disorders is a multi-award-winning charity providing care and support for children and their families, young people and adults in the UK affected by eating difficulties and disorders.

First Steps offers counselling and psychotherapy in the form of one-to-one professional and group support, nutritional therapy, workshops and support groups.

Supports family members and carers with workshops, support groups, psychotherapy, open-access resources and blogs.

Offers education and training in eating disorders to universities and schools for groups including students, teachers, assistants, university staff and other employees.



Be Body Positive

bebodypositive.org.uk

hello@bebodypositive.org.uk

Be Body Positive is an early intervention resources for young people with eating disorders, caregivers and professionals, created by eating disorder clinicians and reviewed by young people and caregivers.

For more information on the development of Be Body Positive, and the resources available, see the article on [page 167](#) of this issue.



Butterfly Foundation

butterfly.org.au

+61 1 800 33 4673

Australian national charity for people affected by eating disorders and body image issues, their families, friends and communities.

Provides innovative, evidence-based support services, treatment and resources, prevention and early intervention programmes.

Operates a national helpline providing support over the phone, via email and online, staffed by trained counsellors experienced in assisting with eating disorders and body image issues.

Offers a wide range of programmes for service providers and recovery groups, and prevention programmes including Positive Body Image workshops to schools and workplaces.



Inside-Out Institute

insideoutinstitute.org.au

elearning@insideoutinstitute.org.au

Australia's national institute for research, translation and clinical excellence in eating disorders.

At the forefront of developing new and emerging technologies for the delivery of quality, evidence-based clinical care for people with eating disorders, and training for health professionals in the identification and treatment of people with eating disorders.

Provides support for evidence-based clinical decision making for GPs, online early screening, evidence-based eTherapies and pathways for care of people with eating disorders.

			
F.E.A.S.T. (Families Empowered and Supporting Treatment for Eating Disorders)			
	feast-ed.org		info@feast-ed.org
F.E.A.S.T. is a global support and education community of and for parents of individuals with eating disorders. F.E.A.S.T. focuses on educating and teaching skills to parents to help them understand their child's eating disorder and to support them in accessing appropriate treatment, and provides information to help them recover and thrive. Offers free programmes and services providing families with support, information, skills and tools.			
			
BodyWhys			
	bodywhys.ie		alex@bodywhys.ie
	+353 (0) 1 210 7906		
The national voluntary organisation supporting people affected by eating disorders in Ireland. Offers a telephone helpline, email support service, online chat and virtual support groups, a guide to treatment, service directory, access to the HSE eating disorders self-care and information app and other eating disorder resources. Offers support and guidance for families of individuals with an eating disorder, guidelines for GPs and support for schools.			
			
Academy for Eating Disorders (AED)			
	aedweb.org		+1 703 234 4079
Provides a forum for physicians, psychiatrists, psychologists, nutritionists, academic researchers, students and experts through lived experience to connect and collaborate. AED aims to: • promote effective treatment and care of individuals with eating disorders and associated disorders • develop and advance initiatives for primary and secondary prevention of eating disorders • provide education and dissemination of knowledge regarding eating disorders to members of the Academy, other professionals and the general public • stimulate and support research in the field • advocate on behalf of individuals with eating disorders, the public and eating disorder professionals • assist in the development of guidelines for training, practice and professional conduct in the field.			
			
Kelty Eating Disorders			
	keltymentalhealth.ca		keltycentre@cw.bc.ca
	+1 604 875 2084 or 1 800 665 1822		
Provides information and resources to people of all ages with an eating disorder or disordered eating in British Columbia. Offers peer support, information and resources, help in navigating the healthcare system, free educational events and webinars for parents, caregivers and school professionals. Resources available on the Kelty website are developed with clinical experts, are reviewed by a Parent Advisory Council and are updated regularly to ensure information is accurate and up-to-date. Help can be accessed by phone, email, Zoom call or in person. All services are offered free of charge.			
			
National Eating Disorder Association (NEDA)			
	nationaleatingdisorders.org		info@nationaleatingdisorders.org
	+1 212 575 6200		
NEDA is the largest nonprofit organisation dedicated to supporting individuals and families affected by eating disorders in the United States with the aim of advancing research, building community and raising awareness. Provides programmes and services that are designed to assist those affected by an eating disorder to access the help and support they need.			
			
National Center for Excellence for Eating Disorders (NCEED)			
	nceedus.org		
NCEED is the first centre of excellence dedicated to eating disorders in the USA with the aim of advancing education and training of healthcare providers and to promote public awareness of eating disorders and eating disorder treatment. Provides up-to-date, reliable and evidence-based information with the goal of ensuring all individuals with eating disorders are identified, treated and supported in recovery. Offers resources for individuals, healthcare providers, family members and friends.			
			
NHS Eating Disorders			
	www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview		
Information on eating disorders for a general audience including guidance on recognising symptoms and warning signs, getting help, options for treatment and links to other resources.			



ARFID Awareness UK

arfidawarenessuk.orginfo@arfidawarenessuk.org

The UK's only registered charity dedicated to raising awareness and furthering information about avoidant/restrictive food intake disorder.

Provides individuals, parents, carers and medical professionals with up-to-date relevant information, research and support.

Committed to supporting medical professionals across varying specialities by equipping them with the information they need to ensure early diagnosis and access to appropriate care for their patients.



National Centre for Eating Disorders (NCFED)

eating-disorders.org.ukadmin@ncfed.com

+44 (0)845 838 2040

Offers personal, telephone or Skype counselling for eating disorder treatment and recovery, including one-off personal assessments.

Provides up-to-date training courses for all health professionals working with eating disorders in adults and young people, and the opportunity to join a professional network to access supervision, mentoring and guidance.

Offers support and advice for carers and friends.

Provides information about eating disorders, body image and topical issues for sufferers, carers, students and the media.



Eating Disorder Hope

eatingdisorderhope.com

An online community offering resources, education, support and inspiration to people with anorexia nervosa, bulimia nervosa, binge eating disorder, body image issues and other disordered eating behaviours.

Offers resources including blogs and articles by therapists, doctors, psychiatrists and other leaders in the field.

Provides free access to disordered eating treatment options, support groups, recovery tools and treatment programmes.

Resources cover topics including relationship skills, coping skills and co-occurring issues including depression, anxiety, bipolar disorder, post-traumatic stress disorder and obsessive-compulsive disorder.



Seed Eating Disorder Support Services

seed.charitysupport@seed.charity

+44 (0)7300 298388

Voluntary eating disorder support group of, and for, people with firsthand experience of eating disorders.

Aims to support individuals with eating disorders and their families and carers.

Offers information, resources, an educational toolkit for schools and a monthly online support group meeting.



National Association of Anorexia Nervosa and Associated Disorders (ANAD)

anad.orghello@anad.org

+1 888 375 7767

Leading non-profit eating disorder organisation in the United States, providing free peer support services to people with eating disorders and body image concerns.



The Recovery Club

therecoveryclub.org

A peer support group for people with eating disorders and their loved ones, offering a community blog and other eating disorder resources, including books, podcasts and social media profiles aimed at supporting those who are recovering from an eating disorder.



Overeaters Anonymous

oagb.org.uk

International "fellowship of individuals" offering anonymous support groups for people with problems with compulsive eating or compulsive overeating.

Members are supported in a twelve-step recovery programme modelled on the established Alcoholics Anonymous programme.

Groups are organised in 10 regions and over 75 countries worldwide, and are free to attend.



REDCAN (Regional Eating Disorders Charity Alliance and Network)

redcan.org.uk

Alliance of eating disorder charities in the UK, supporting anyone affected by an eating disorder and related conditions.

Provides eating disorder resources, links to local charities and face-to-face support.



	Eating Disorders Association Northern Ireland	eatingdisordersni.co.uk	info@eatingdisordersni.co.uk	+44 (0)28 9023 5959
	Local, community-centred organisation providing peer support for people with eating disorders and their loved ones in Northern Ireland. Campaigns for improvement in eating disorder services and aims to increase awareness and support the development of skills in the wider community.			
	National Eating Disorder Collaboration (NEDC)	nedc.com.au	info@nedc.com.au	
	An initiative of the Australian Government Department of Health and Aged Care, the NEDC offers a large body of comprehensive, evidence-based information and resources with the aim of establishing standards for the prevention and treatment of eating disorder. Engages a wide group of stakeholders including clinicians, researchers, people with lived experience, families and other experts with the aim of: • developing and helping implement a consistent, evidence-based national approach to the prevention and management of eating disorder in Australia • providing a vital collaboration and strategic platform for the Australian eating disorder sector • supporting the development of a skilled clinical and lived experience workforce • synthesising lived experience, research evidence and clinical expertise in consistent, national standards for prevention, identification and treatment of eating disorder • implementing evidence based national standards.			
	Share Our Recovery Through Eating Disorders (SORTED)	mhmwales.org.uk/Sorted.htm	sorted@mhmwales.org	+44 (0)1656 651450
	Peer-to-peer support for people with eating disorders, their families, caregivers and friends, in Wales. Offers the opportunity for individuals with similar concerns about eating disorders or disordered eating to meet safely and confidentially to share their experiences.			
	Eating Disorders Support	eatingdisorderssupport.co.uk	support@eatingdisorderssupport.co.uk	+44 (0)1494 793223
	Offers regular online and in-person support groups for individuals with eating disorders and those who support them. Links to further online eating disorder resources are available through the website.			
	SupportED	supportedscotland.org	hello@supportedscotland.org	+44 (0)7716 639067
	Community eating disorder charity in Scotland, supporting people with eating disorders, their families and carers. Offers in-person and online support groups, befriending services, information and resources.			
	MindEd	minded.org.uk	mindedenquiries@hee.nhs.uk	
	Offers free educational resources on mental health topics, including feeding problems and eating disorders, for adults working with, or caring for, people with mental health problems, including those with learning disabilities and autistic people. Information is quality assured by experts and designed to be easy to understand. Resources can be used by groups including teachers, health and mental health professionals, social workers, youth service volunteers and school counsellors, among others, to support their professional development.			
	New Maudsley Carers	newmaudsleycarers-kent.co.uk	jenny@newmaudsleycarers-kent.co.uk	+44 (0)7887 840470
	Offers resources, worksheets, skills workshops and support groups for people caring for a loved one with an eating disorder.			
	Eating Disorders Victoria	eatingdisorders.org.au		+61 1 300 550 236
	Offers services informed by the lived experience of people with eating disorders and those that have cared for them in the state of Victoria. Aims to provide empathetic and helpful support at every stage from early intervention and diagnosis to treatment, relapse, maintenance and recovery. Provides tailored, accessible, peer-led support services to people affected by eating disorders and champions education, policy and funding initiatives to drive systemic change.			

Books on eating disorders

Getting better bit(e) by bit(e): a survival kit for sufferers of bulimia nervosa and binge eating disorder
Janet Treasure and Ulrike Schmidt
Routledge



The eating disorder recovery journal
Cara Lisette, Victoria Barron and Emily David
Jessica Kingsley Publishers



ED says U said: eating disorder translator
June Alexander and Cate Sangster
Jessica Kingsley Publishers



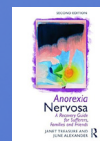
Banish your body image thief
Kate Collins-Donnelly
Jessica Kingsley Publishers



The picky eater's recovery book
Jennifer J Thomas
Cambridge University Press



Anorexia nervosa: a recovery guide for sufferers, families and friends
Janet Treasure and June Alexander
Routledge



Can I tell you about eating disorders? A guide for friends, family and professionals
Bryan Lask and Lucy Watson
Jessica Kingsley Publishers



Overcome binge eating: the proven program to learn why you binge and how you can stop
Christopher Fairburn
Guilford Press



8 Keys to recovery from an eating disorder
Carolyn Costlin, Gwen Schubert Grabb and Babette Rothschild
WW Norton and Company



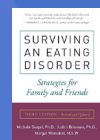
ARFID Avoidant restrictive food intake disorder: a guide for parents and carers
Rachel Bryant-Waugh
Routledge



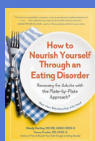
Food refusal and avoidant eating in children including those with autism spectrum conditions
Gillian Harris and Elizabeth Shea
Jessica Kingsley Publishers



Surviving an eating disorder: strategies for families and friends
Michel Siegel, Judith Brisman and Margot Weinschel
Harper Perennial



How to nourish yourself through an eating disorder
Wendy Sterling and Casey Crosbie
The Experiment LLC



Give food a chance - childhood eating disorders: a treatment manual for parents and providers
Julie O'Toole
Independent



Anorexia and other eating disorders: how to help your child eat well and be well
Eva Musby
Piatkus



Brave girl eating: the inspirational true story of one family's battle with anorexia
Harriet Brown
Piatkus



Supporting autistic people with eating disorders: a guide to adapting treatment and supporting recovery
Kate Tchanturia
Jessica Kingsley Publishers



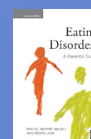
My kid is back: empowering parents to beat anorexia nervosa
June Alexander and Daniel Le Grange
Routledge



Help your teenager beat an eating disorder
James Lock and Daniel Le Grange
Guilford Press



Eating disorders: a parent's guide
Rachel Bryant-Waugh
Routledge



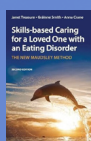
Overcoming anorexia nervosa
Patricia Graham and Chris Freeman
Robinson



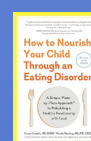
Eating disorders in childhood and adolescence
Bryan Lask
Routledge



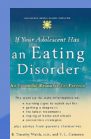
Skills-based caring for a loved one with an eating disorder: the New Maudsley Method
Janet Treasure, Gráinne Smith and Anna Crane
Routledge



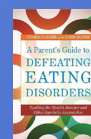
How to nourish your child through an eating disorder
Casey Crosbie
The Experiment LLC



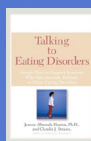
If your adolescent has an eating disorder: an essential resource for parents
B Timothy Walsh and VL Cameron
Oxford University Press



A parent's guide to defeating eating disorders
Ahmed Boachie and Karin Jasper
Jessica Kingsley Publishers



Talking to eating disorders: simple ways to support someone with anorexia, bulimia, binge eating disorder or body image issues
Jeanne Albronda Heaton and Claudia Strauss
Penguin



The intuitive eating workbook: ten principles for nourishing a healthy relationship with food
Evelyn Tribole, Elyse Resch and Tracy Tylka
New Harbinger



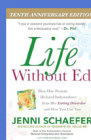
Getting better bite by bite: a survival kit for sufferers of bulimia nervosa and binge eating disorders
Ulrike Schmidt, Janet Treasure and June Alexander
Routledge



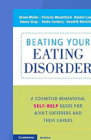
When your child has an eating disorder: a step-by-step workbook for parents and other caregivers
Abigail H Natenshon
Jossey-Bass



Life without ED: how one woman declared independence from her eating disorder
Jenni Schaefer
McGraw-Hill Education



Beating your eating disorder: a cognitive-behavioural self-help guide for adult sufferers and their carers
Glenn Waller
Cambridge University Press



Cognitive-behavioural therapy for avoidant/restrictive food intake disorder: children, adolescents and adults
Jennifer J Thomas
Cambridge University Press



Cognitive behavior therapy and eating disorders
Christopher Fairburn, Zafra Cooper, Roz Shafran, Rebecca Murphy and Deborah Hawker
Guilford Press



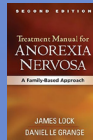
Family-based treatment for avoidant/restrictive food intake disorder
James D Lock
Routledge



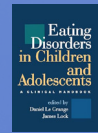
Survive FBT: skills manual for parents undertaking family-based therapy for child and adolescent anorexia nervosa
Marie Gancie
LMD Publishing



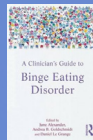
Treatment manual for anorexia nervosa: a family-based approach
James Lock and Daniel Le Grange
Guilford Press



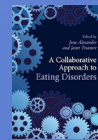
Eating disorders in children and adolescents: a clinical handbook
Daniel Le Grange and James Lock (editors)
Guilford Press



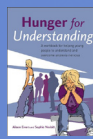
A clinician's guide to binge eating disorder
June Alexander
Taylor and Francis



A collaborative approach to eating disorders
June Alexander and Janet Treasure
Guilford Press



Hunger for understanding: a workbook for helping young people to understand and overcome anorexia nervosa
Alison Eivors and Sophie Nesbitt
Wiley



Food to eat: guided, hopeful and trusted recipes for eating disorder recovery
Lori Lieberman and Cate Sangster
CreateSpace Independent Publishing



My super sweet recovery cookbook: recipes designed to help people with eating disorders in their recovery
Nicola Davies
Brown Dog Books



Eating disorder podcasts

Rewired

The eating disorder recovery podcast
Episodes alternate between conversations focused on lived experience of eating disorders and recovery and discussion with guests and experts in the field



Just Eat Normally

Hosted by psychologist Dr Rachel Evans
Conversations with experts in eating disorder recovery and eating disorder survivors intended to help those in recovery from an eating disorder



Finding Your Freedom with Food

The eating disorder therapist podcast supporting eating disorder recovery with tips, information and guest interviews
Hosted by eating disorder therapist Harriet Frew



BodyWhys podcast

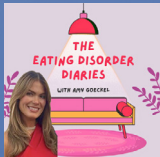
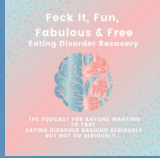
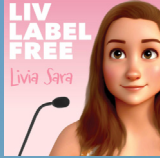
Podcast from BodyWhys, the Eating Disorder Association of Ireland
Episodes cover lived experience, body image, social media, eating disorder interventions, neurodivergence and the experiences of siblings of individuals with an eating disorder



The Mindful Dietitian

Conversations with dietitians committed to body-inclusive practice
Hosted by Fiona Sutherland



The Eating Disorder Diaries For people struggling with an eating disorder or mental health in general Amy Goeckel talks about her experiences of recovery from bulimia nervosa and talks with others with similar experiences of recovery from an eating disorder	
The Weigh Up: Eating Disorder Diaries Eating disorder podcast from the BBC Recovering anorexic Molly guides you through the truths of eating disorders and learns how others have found their way up	
The Full of Beans Podcast Weekly podcast featuring conversations with people with lived experience of an eating disorder, researchers, clinicians and eating disorder charities, with the aim of increasing understanding and reducing the stigma associated with eating disorders	
Big Ideas in Eating Disorders Clinical psychologist Dr Kathy Pike talks with leaders in the field of eating disorders including researchers, clinicians and people with lived experience, who share the big ideas that they believe can improve the lives of people at risk of developing, or currently living with, an eating disorder	
Feck It, Fun, Fabulous and Free Eating Disorder Recovery A podcast about eating disorder recovery, providing frequent bite-size episodes offering information, inspiration, motivation and hope, as well as some relevant research and neuroscience, to help anyone with an eating disorder in their recovery	
Liv Label Free Neurodivergent eating disorder recovery Provides insights into the link between neurodivergence and eating disorders, and strategies for recovery through conversations and stories of lived experience	
Understanding Disordered Eating Eating disorder recovery and body image healing Rachelle Heinemann discusses issues related to body image, restriction, bingeing, purging, compulsive exercise and eating disorder-related behaviours	
Every Body Podcast Discusses topics related to eating disorders, eating disorder recovery, weight, body confidence and self identity, from the perspective of people with lived experience	
Ease with Food Podcast For disordered eating recovery and a happy relationship with food and self Tips for eating disorder and disordered eating recovery, and conversation about all things health and wellness related	

For more podcasts on topics related to eating disorders and eating disorder recovery, search on Spotify or Apple Podcasts