



Eating Distress

General Eating Disorders

- B-eat (information/helpline/e-listening) <http://www.b-eat.co.uk/>
- National Eating Disorders Association (info) <http://www.nationaleatingdisorders.org/>
- National Eating Centre for Eating Disorders (helpline/Skype sessions/counsellor meetings) <https://eating-disorders.org.uk/>
- Royal College of Psychiatrists has information on eating disorders at <https://www.rcpsych.ac.uk/mental-health/problems-disorders/anorexia-and-bulimia>

Demographic-Specific

For Muslims:

- Free from (information) 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
- Muslim Youth Helpline (helpline/live chat/ email) <https://myh.org.uk/how-we-can-help/>

For PoC

- Center for discovery eating disorder treatment (info/ support group meetings) provides specific meetings for BIPOC+ with eating disorders. <https://centerfordiscovery.com/groups/>
- Orri (info) has information around the relationship between black community and eating disorders. <https://www.orri-uk.com/eating-disorders-and-the-black-community/>
- Eating Recovery Center (support groups/free assesement) <https://www.eatingrecoverycenter.com/events/support-groups>

For LGBT people

- Eating Recovery Center (support groups/free assesement) <https://www.eatingrecoverycenter.com/events/support-groups>
- Center for discovery eating disorder treatment (info/ support group meetings) provides specific meetings for LGBT+ with eating disorders. <https://centerfordiscovery.com/groups/>