

A photograph of two young women with dark skin and curly hair, smiling warmly. The woman on the left is wearing a dark green beanie and a grey and blue jacket. The woman on the right is wearing a dark jacket. The background is a soft-focus outdoor setting with greenery.

**edhit**

Eating Disorder Health Integration Team

'Improving care and quality of life  
for people with eating disorders'

# Eating Disorder Support & Resources

A guide for anyone affected by eating disorders or eating difficulties in Bristol, North Somerset & South Gloucestershire

## How can this guide help?

This guide is designed to support anyone affected by eating disorders or eating difficulties; those struggling personally and their parents, families and friends, as well as professionals.

This guide contains a range of signposting information, advice and guidance from both local and national organisations and charities. Many of the organisations listed contain advice on self-help as well as access to support.

### Disclaimer

EDHIT is not responsible for the content of external websites listed within this guide. The inclusion of website links should not be understood as an endorsement.

Information correct at time of publishing (May 2024).



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## Contents

What are eating disorders / difficulties?	3
Local support groups	4-7
NHS eating disorder services - inpatient and community-based	7
Eating disorder charities and organisations	8-10
Eating disorder support app	11
Resource links	
Adults	12
Young people	13
Crisis support	14
Crisis safe spaces	15

## What are eating disorders / difficulties?

Eating disorders are complex mental health issues that involve distorted thoughts and behaviours around food, body shape and body weight.

Those with eating disorders can have a variety of symptoms. It can involve severe food restriction, eating large quantities of food at once, getting rid of food eaten through unhealthy patterns of behaviour (i.e., purging, laxative misuse, fasting or over-exercising), or a combination of these behaviours.

Types of eating disorder include:

- Anorexia nervosa
- ARFID (Avoidant/Restrictive Food Intake Disorder)
- Binge eating disorder
- Bulimia nervosa
- OSFED (Other Specified Feeding and Eating Disorders)

Eating disorders can be a way in which food is used to control difficult feelings; often used as a strategy to feel more able to cope and in control of life.

Eating difficulties involve any relationship with food that is difficult and negatively impacts day-to-day life. Anyone, regardless of age, gender, background or weight, can be affected by eating difficulties, as well as eating disorders.

With appropriate support, recovery is absolutely possible.



## Local support groups

# EATING DISORDER PEER SUPPORT GROUP

We have been running the Bristol Eating Disorder Peer Support Group for around 30 years!

We offer free self-help groups twice a month:

The **2nd Tuesday of the month** for people with eating disorders and/or loved ones and supporters

The **4th Tuesday of the month** for people with eating disorders only

The meetings run from 7.30pm to 9pm, with doors open from 7.20pm for a hot drink and a chat. There will be 2 facilitators on hand to give some structure to the conversation if needed.

We are located at:

**Victoria Methodist Church, 1A Whiteladies Road, BS8 1NU, Bristol.**

Look for a door to the left of the church, and for a board marked BEAT indicating the way. Open to anyone aged 18 and over.

No booking required. Scan below for more info.





# Free Eating Disorder Support Group

## Online and in-person

A free pro-recovery support group for people experiencing issues around food. Join us in a safe and confidential space where we can support one another.



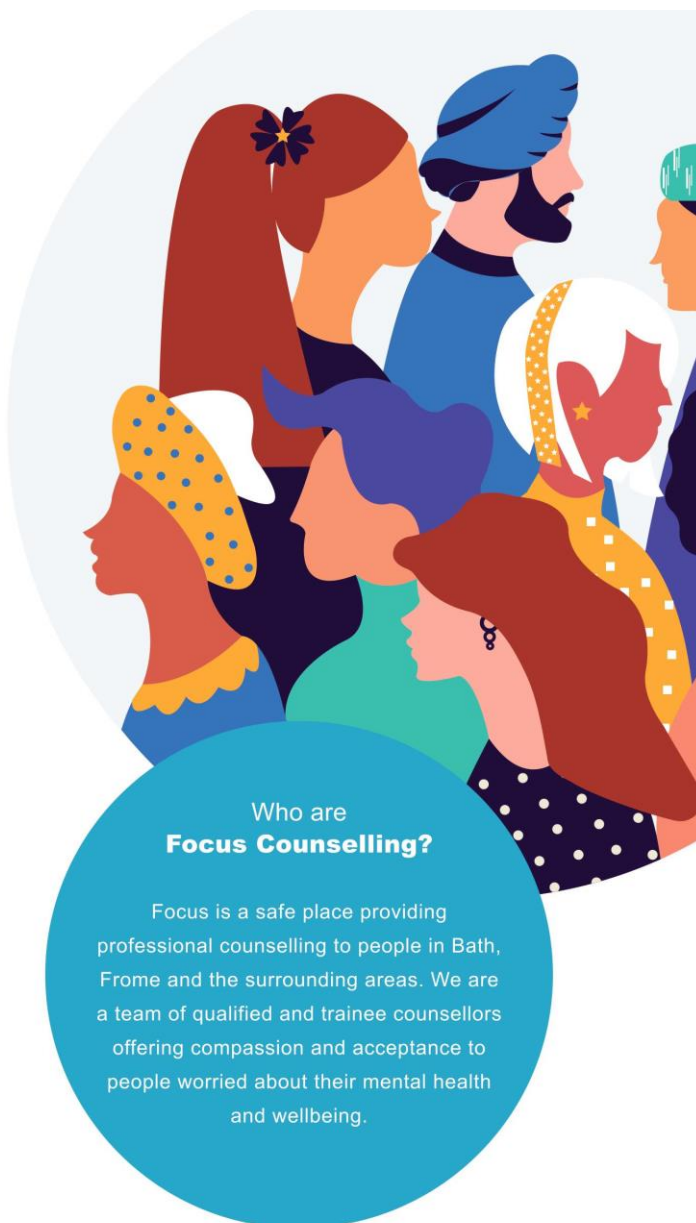
Emotional and practical support



A chance to share recovery ideas



Pro-recovery approach



### Who are Focus Counselling?

Focus is a safe place providing professional counselling to people in Bath, Frome and the surrounding areas. We are a team of qualified and trainee counsellors offering compassion and acceptance to people worried about their mental health and wellbeing.

### Who:

For adults 18 years and older

### When:

Fortnightly on Thursdays  
7.00pm to 8.00pm

### Where:

Oasis Church, Bath  
Online on alternate weeks

## Contact us

Contact Focus Counselling to find out if this group is right for you and for more information.



01225 330096 / 07863313033



edsg@focusbath.com



www.focusbath.com

Focus Counselling Bath, Oasis Church, Fountain Buildings, Bath BA1 5DU

**SWEDA - Self-help support group**

This group is open to anyone who has or has had an eating disorder, thinks they may have an eating disorder, or has a 'difficult' relationship with food or their body.

- Face-to-face group meetings take place on the first Wednesday of every month, 7:00-8:30pm at SWEDA, The Coach House, Harvest Court, Park Road, Shepton Mallet, BA4 5BS.
- Zoom meetings running on the remaining Wednesdays, 7:00-8:00pm.

Phone: 01749 343 344 | Email: [support@swedauk.org](mailto:support@swedauk.org) | Website: [www.swedauk.org](http://www.swedauk.org)

**Food Addicts in Recovery Anonymous**

Based on the 12-step programme of Alcoholics Anonymous, a fellowship of people who have experienced difficulties in life as a result of their relationship with food and eating.

Website: [www.foodaddicts.org](http://www.foodaddicts.org)

**Overeaters Anonymous Great Britain**

Overeaters Anonymous (OA) is a community of people who support each other in order to recover from compulsive eating and food behaviours. We welcome everyone who feels they have a problem with food. National support group meetings for those struggling with compulsive overeating. Support based on the AA 12 step recovery approach.

Email: [general@oagb.org.uk](mailto:general@oagb.org.uk) | Website: [www.oagb.org.uk](http://www.oagb.org.uk)



**Well Aware**

The Well Aware website provides information on a wide range of support groups, community groups, events and activities that can help improve your health and wellbeing in Bristol and South Gloucestershire.

Website: [www.wellaware.org.uk](http://www.wellaware.org.uk)

## **NHS eating disorder services - inpatient and community-based**

**STEPS, Avon & Wiltshire Mental Health Partnership NHS Trust (AWP)**

The STEPs eating disorders community team provides compassionate and evidence-based care to adults in Bristol, North Somerset, South Gloucestershire and Bath & North East Somerset, with a suspected or confirmed eating disorder diagnosis. The STEPs inpatient service provides care to adults with a diagnosis of anorexia nervosa, bulimia nervosa and eating disorder not otherwise specified (EDNOS). See website for referral information.

Tel: 0117 354 6920 | Email: [awp.contactsteps@nhs.net](mailto:awp.contactsteps@nhs.net)

Website: [www.awp.nhs.uk/our-services/community-services/eating-disorders](http://www.awp.nhs.uk/our-services/community-services/eating-disorders)

**CAMHS, Avon & Wiltshire Mental Health Partnership NHS Trust (age 5-18)**

CAMHS (Child and Adolescent Mental Health Services) offer support and treatment to children and young people with specific eating disorders, who have a registered GP in Bristol, North Somerset and South Gloucestershire.

Website: [www.awp.nhs.uk/camhs/conditions/eating-issues](http://www.awp.nhs.uk/camhs/conditions/eating-issues)

**FREED - First Episode Rapid Early Intervention for Eating Disorders (age 16-25)**

The FREED website provides information on eating disorders, the importance of early intervention, and how to seek help. There are resources you can download and stories from young people who have recovered from an eating disorder.

Website: [www.freedfromed.co.uk](http://www.freedfromed.co.uk)



## Eating disorder charities and organisations

### Beat - Beating Eating Disorders

UK's leading charity supporting those affected by eating disorders and campaigning on their behalf - adults, students and under 18s. Whether you need 1-2-1 emotional support, want to connect with others or to learn new skills, Beat have a range of support services to help.



- Adult Helpline - Tel: 0808 801 0677 | E-mail: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)
- Youthline (under 18s) - Tel: 0808 801 0711 | E-mail: [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)
- Studentline (students) - Tel: 0808 801 0811 | E-mail: [studentline@beateatingdisorders.org.uk](mailto:studentline@beateatingdisorders.org.uk)
- General Support - Tel: 0300 123 3355 | Website: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### Family Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T)

An international organisation of and for parents and caregivers to help loved ones recover from eating disorders by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

E-mail: [info@feast-ed.org](mailto:info@feast-ed.org) | Website: [www.feast-ed.org](http://www.feast-ed.org)

### National Centre for Eating Disorders (NCFED)

The NCFED provides training for professionals and resources for those struggling with eating disorders.

Tel: 0845 838 2040 | Email: [admin@ncfed.com](mailto:admin@ncfed.com) | Website: [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)





**Pathway for Eating Disorders & Autism developed from Clinical Experience (PEACE)**

PEACE has developed a range of excellent blogs and resources specific to those affected - those with the comorbidity, their carers, and clinicians. PEACE wants people to be seen and for their autism to be acknowledged, understood and supported. They want carers to be recognised for the amazing jobs they are doing and to help support them, and they want clinicians to grow in both knowledge and confidence at supporting this group.

Website: [peacepathway.org](http://peacepathway.org)

**SWEDA**

Provides support to anyone affected by eating disorders, including anorexia nervosa, bulimia nervosa, compulsive eating, binge eating disorder and all related conditions.

Tel: 01749 343 344 | Email: [support@swedauk.org](mailto:support@swedauk.org) | Website: [www.swedauk.org](http://www.swedauk.org)

**Talk ED - Let's Talk Eating Disorders**

A national peer-led charity supporting anyone affected by any eating disorder or eating distress.

Support offered:

- 1:1 support calls
- Peer support groups - individual support group, or family, friends and carers support group
- Befriending service - one-to-one peer recovery support
- 'First Steps to Recovery' self-guided e-course
- E-courses for professionals

Website: [www.talk-ed.org.uk](http://www.talk-ed.org.uk)

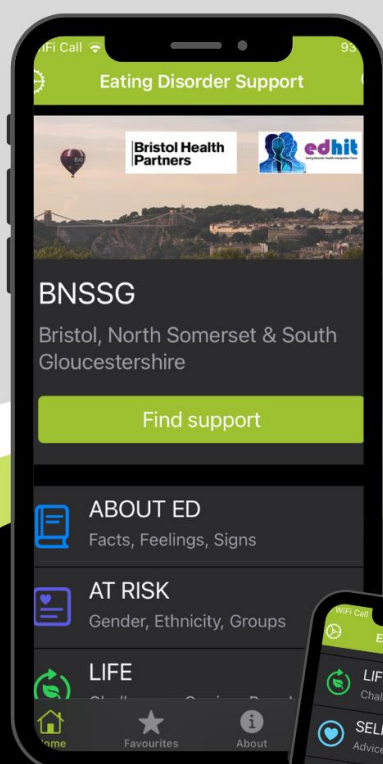




## Eating disorder support app

DOWNLOAD THE NEW

# EATING DISORDER SUPPORT APP

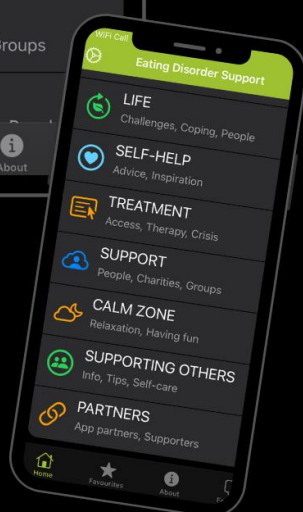


The Eating Disorder Support App enables people with disordered eating and eating disorders, and people close to them, to find useful information, self-care tips and links to support.



Free download

[www.expertselfcare.com/eating-disorder-support-app](http://www.expertselfcare.com/eating-disorder-support-app)



“

*“The eating disorder support app is so amazing. There is so much information, coping strategies, advice for tackling lots of situations and so much information in one place, and it's so well presented and easily accessible. It has a wealth of information in one place that covers so many recovery tools, wellbeing tools, ideas for practical things to make and have to ride the wave, and also help for carers/relatives. It's clear a lot of thought and expertise has gone into it. I feel it's unique and it is a one-stop-shop for so much information and support.”*

Eating Disorder Service User

*“This app is extremely useful either as a person with an ED or for anyone wishing to learn how to best support someone with an ED. It is packed full of useful information, easy to navigate and accessible. As a teacher I would say it is an excellent resource for supporting young people and helping to identify early signs. So useful to have so much information all in one place”.*

H.T., Teacher

”

For further information, email [knut.schroeder@expertselfcare.com](mailto:knut.schroeder@expertselfcare.com)

Developed in collaboration between the Bristol Health Partners Eating Disorders Health Integration Team (EDHIT) and Expert Self Care, and co-produced with public contributors, topic experts, charities and other partners



## Resource links

### Adults

Mind - Eating problems

[www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems](http://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems)

National Autistic Society - Eating disorders

[www.autism.org.uk/advice-and-guidance/topics/mental-health/eating-disorders](http://www.autism.org.uk/advice-and-guidance/topics/mental-health/eating-disorders)

National Institute for Health and Care Excellence (NICE) guidelines - Eating disorders

[www.nice.org.uk/guidance/conditions-and-diseases/mental-health-behavioural-and-neurodevelopmental-conditions/eating-disorders](http://www.nice.org.uk/guidance/conditions-and-diseases/mental-health-behavioural-and-neurodevelopmental-conditions/eating-disorders)

Rethink - Eating disorders

[www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/eating-disorders](http://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/eating-disorders)

National Eating Disorders Association (NEDA) - Identity and eating disorders

[www.nationaleatingdisorders.org/identity-eating-disorders](http://www.nationaleatingdisorders.org/identity-eating-disorders)

Royal College of Psychiatrists - Anorexia and bulimia

[www.rcpsych.ac.uk/mental-health/problems-disorders/anorexia-and-bulimia](http://www.rcpsych.ac.uk/mental-health/problems-disorders/anorexia-and-bulimia)

Centre for Clinical Interventions (CCI) - 'Break Free from Eating Disorders' resource (*updated July 2022*), 13-module workbook, informed by evidence-based treatments and references materials by leading eating disorder clinicians. All the online resources are divided into sections for specific audiences; 'looking after yourself', 'looking after others', or 'for clinicians'.

[www.cci.health.wa.gov.au/Resources](http://www.cci.health.wa.gov.au/Resources)



## Young people



### The Mix - Eating disorders

[www.themix.org.uk/mental-health/eating-disorders](http://www.themix.org.uk/mental-health/eating-disorders)

### Kooth - Online mental wellbeing community for children and young people

[www.kooth.com](http://www.kooth.com)

### Off The Record Bristol & South Glos - Body image

[www.otrbristol.org.uk/whats-going-on-for-you/body-image](http://www.otrbristol.org.uk/whats-going-on-for-you/body-image)

### Preparing for University - A guide for those recovering from an eating disorder

[https://freedfromed.co.uk/img/guides/Preparing\\_For\\_University-FREED.pdf](https://freedfromed.co.uk/img/guides/Preparing_For_University-FREED.pdf)

### Royal College of Psychiatrists - Eating disorders: for parents and carers

[www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/eating-disorders-in-young-people-for-parents-and-carers](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/eating-disorders-in-young-people-for-parents-and-carers)

### Royal College of Psychiatrists - Weight exercise and eating disorders

[www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-about-weight-and-eating](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-about-weight-and-eating)

### YoungMinds booklet - A guide for young people: eating problems

[www.youngminds.org.uk/young-person/my-feelings/eating-problems](http://www.youngminds.org.uk/young-person/my-feelings/eating-problems)

## Crisis support

**Life threatening medical emergency** - call **999**

**NHS 111, select option 2** - if you are feeling unsafe, distressed or worried about your mental health.

**Avon & Wiltshire Mental Health Partnership (AWP) NHS Trust 24/7 response line** - dedicated telephone line for anyone under the care of AWP. Whether worried about their own or someone else's mental health, across all of Bristol, North Somerset and South Gloucestershire area. Call **0800 953 19 19**.

**Samaritans** - 24hr helpline, call **116 123** or e-mail [jo@samaritans.org](mailto:jo@samaritans.org).

**Shout text service** - Free and confidential 24/7 text service, for anyone in crisis. Just text 85258.

Adults	Text <b>'SHOUT'</b>	
Young people	Text <b>'YM'</b>	to <b>85258</b>
Deaf community	Text <b>'DEAF'</b>	
LGBTQ+	Text <b>'SWITCHBOARD'</b>	

**Suicide Prevention UK** - Free helpline **0800 689 5652**. Support for anyone who may be struggling with their mental health and/or thoughts of suicide. Callers of all languages welcome, facilitated by Language Line Solutions. To assist individuals with hearing and/or speech impairments, use Relay UK, contact: 1800108006895652.





## Crisis safe spaces

### **The Sanctuary**, covering Bristol area

The Sanctuary, which is based at Southmead Hospital, is a safe space where people (age 16 years and older) can go for mental health support if they're having trouble coping with life or feeling lonely or isolated. It's a place to pause, take a breather, and find some balance when things feel overwhelming.

They offer phone support as well as face to face sessions at Gloucester House, Dorian Way, Southmead Hospital, Bristol, BS10 5NB. Sessions are by appointment only. The Sanctuary is open 7 days a week for appointments between 6pm to 12.30am with the last appointment being offered at 11pm.

Sessions can be booked by calling 07709 295 661 during client opening hours, Monday to Sunday between 3pm and 11pm.

Tel: 07709 295 661 | Email: [refer.sanctuary@nhs.net](mailto:refer.sanctuary@nhs.net) | [www.second-step.co.uk/our-services/community-and-wellbeing/the-sanctuary-bristol/](http://www.second-step.co.uk/our-services/community-and-wellbeing/the-sanctuary-bristol/)

### **Safe Haven Crisis & Recovery Centre**, covering North Somerset and South Gloucestershire area

The Safe Haven Crisis & Recovery Centre provides a safe space for people in acute emotional distress and is based in Weston-Super-Mare's town centre. The centre is open 7 days a week, between 4pm and midnight (by appointment only, last appointment is 11pm). People aged 16 and over can self-refer to the service or be referred by a relevant professional - such as a GP, police officer, paramedic, social worker or voluntary organisation.

Tel: 01934 313 480 | E-mail: [refer.safehaven@nhs.net](mailto:refer.safehaven@nhs.net) | [www.second-step.co.uk/our-services/community-and-wellbeing/safe-haven-crisis-and-recovery-centre](http://www.second-step.co.uk/our-services/community-and-wellbeing/safe-haven-crisis-and-recovery-centre)





**Bristol Health  
Partners**

**NHS**  
Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

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This guide was co-produced by EDHIT Patient and Public Involvement (PPI) team, in collaboration with contributing partners. If you have any feedback or comments, please do get in touch with us at [helloedhit@gmail.com](mailto:helloedhit@gmail.com).

**The Eating Disorders Health Integration Team** is a team of people with lived experience of eating disorders, psychologists, academics, commissioners, care and support providers and other experts, working together to improve the lives of people with eating disorders in Bristol.



@EDHITBristol



@helloedhit

[www.bristolhealthpartners.org.uk/health-integration-teams/eating-disorders](http://www.bristolhealthpartners.org.uk/health-integration-teams/eating-disorders)

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