

Beat

Eating disorders

Caring for someone with an eating disorder?

Get support from Beat,
the UK's eating disorder charity.

What can Beat offer?

Eating disorders affect not only the person who's ill but those around them, too. If you're supporting someone with an eating disorder, you may feel isolated and overwhelmed.

I found it incredibly hard to explain how I was feeling to anyone who hadn't had the same experience. The combination of guilt, anxiety, hope, frustration and fear was overwhelming at times and there was a definite impact on the whole family.

Parent

If this sounds familiar, you're not alone. Millions of people care for someone with an eating disorder and Beat, the UK's eating disorder charity, is here to provide support.

Beat's services are:

- Completely free to service-users.
- Online or telephone-based to fit more easily into your schedule.
- Run by experts by profession, personal experience, or both.
- Confidential – nothing from our services sessions is shared outside Beat.

Our services equip you to give your loved one the best possible support, as well as care for your own needs.

It was great to have someone to talk to who understood and knew what we were going through.

User of Beat carer support service

Carer skills workshops

Our carer skills workshops help you understand more about eating disorders and equip you with skills to support your loved one towards recovery.

Developing Dolphins

Through Developing Dolphins, you'll learn about the driving forces behind eating disorders, how to avoid doing things that could maintain the eating disorder, and techniques for both encouraging recovery and looking after yourself.

Raising Resilience

On Raising Resilience, you'll learn more about supporting your loved one through recovery as well as how to set boundaries to ensure the wellbeing of both yourself and your loved one.

“...It really helped me to have faith and belief that with the right guidance and support, [my loved one] could make a full recovery.”

Beat carer workshop attendee

Both Developing Dolphins and Raising Resilience run over five sessions of two-and-a-half hours, and are led by experienced eating disorder clinicians. We'll also send you relevant reading to support your learning.

While the courses cover some similar themes, many people find it useful to attend both, and you can do this in any order. For more information on either course, email training@beateatingdisorders.org.uk, call 01925 912829, or visit beateatingdisorders.org.uk/support-services/carers-training.

Peer support

Peer support groups give you the opportunity to talk to others who are experiencing a similar situation to you. We offer you both chat- and video-based options.

The Aviary

The Aviary is an anonymous and welcoming online support group for anyone supporting someone with an eating disorder. The chat is moderated by Beat staff but led by participants, so you're free to share what's on your mind or ask for advice. The Aviary runs every Sunday from 6.45pm – 8pm, and you can attend as often or as little as you like. Visit beateatingdisorders.org.uk/aviary to learn more.

Solace

Solace is a video-based peer support group where you can talk to others caring for people with eating disorders. The group is led by participants, while an experienced eating disorder clinician will facilitate and offer a theme to base discussion around. We run several 90-minute sessions a week – places must be booked in advance. Email training@beateatingdisorders.org.uk, call 01925 912829, or visit beateatingdisorders.org.uk/solace.

“ Just hearing other carers' stories... helped me feel I wasn't on my own, and I picked up handy tips. ”

Solace attendee

Helpline support

Our Helpline advisors offer a space for you to talk about your thoughts and feelings, get information, and explore options for support for yourself and your loved one.

Nexus

Nexus is a telephone-based coaching service for anyone whose loved one has been unwell for five years or under. Each week, you'll have a phone call with a Beat

advisor, who'll guide you

to find solutions to issues you're experiencing and offer practical techniques to help motivate positive change in your loved one. The service runs for 12 weeks, starting with a 50-minute call to help your advisor gain an understanding of your situation, and then a 40-minute call in the following weeks. Between sessions, we may also ask you to do some reading. Visit beateatingdisorders.org.uk/nexus, contact nexus@beateatingdisorders.org.uk or call our Helpline to learn more.



I'm using these phone calls to help coach me... so that after this I am well and able to look after myself too.

Nexus user

Helpline services

Our Helpline services are for anyone affected by an eating disorder, at any stage in their journey.

You can get in touch via phone, email, or one-to-one webchat. We're open from 9am – 8pm weekdays and 4pm – 8pm weekends and bank holidays. Contact us on

0808 801 0677 or help@beateatingdisorders.org.uk, or visit beateatingdisorders.org.uk/support-services.

Our carer services at a glance

	How			What			Who		When	
	Chat-based	Phone-based	Video-based	Theme provided	Participant-led	Skills training	One to one	Group setting	Commit time in advance	Drop in as needed
The Aviary	✓				✓			✓		✓
Developing Dolphins			✓	✓		✓		✓	✓	
Helpline	✓	✓			✓		✓			✓
Nexus		✓			✓		✓		✓	
Raising Resilience			✓	✓		✓		✓	✓	
Solace			✓	✓	✓			✓	✓	

" I found the session very helpful... I do not know any other parents with children who are suffering from an eating disorder so just hearing everyone's story made me feel less alone. "

Solace attendee

" I am so grateful to Beat for providing this service as it has transformed how we support [our loved one]... I cannot praise the workshops highly enough. "

Beat carer workshop attendee

" [The service] has made a huge difference to my self-belief that I can help [my loved one]... and given me hope when sometimes it's hard to remain hopeful. "

User of Beat carer support service

" It was such a great comfort knowing each week I had someone to listen to my fears, concerns and positive thoughts concerning [my loved one's] eating disorder. "

User of Beat coaching service

" I am still learning, but definitely now have more confidence and feel better equipped to assist my daughter's recovery. "

Beat carer workshop attendee

If you need more help deciding which services would most suit you, you can get in touch with our Helpline advisors on 0808 801 0677 or help@beateatingdisorders.org.uk.

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Beat is the UK's eating disorder charity. We offer a wide range of support services to anyone affected by an eating disorder, whether their own or that of someone they know. For those caring for someone with an eating disorder, Beat can provide skills training, peer support, information and advice.

To learn more about what we offer, visit beateatingdisorders.org.uk/support-services or call us on 0808 801 0677.

 @beatED

 beat.eating.disorders

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