

NEXUS

Caring for someone with an eating disorder?
Help is just a phone call away with Nexus

Beat
Eating disorders

WE'RE BEAT, THE UK'S EATING DISORDER CHARITY.

When someone has an eating disorder, the **impact goes beyond just that person**. But that person can get better, especially when they – and the people around them – have the right tools.

That's why we've developed services for carers: **to help those who help**. Our programmes are free, confidential, and remote, so you can fit them around your needs.

ABOUT YOU

Could you use a safe space? Somewhere you can open up to someone about how you're feeling, while they empower you to support your loved one? You're in the right place. Parents, partners, siblings (aged 18 and over) – if you're caring for anyone with an eating disorder aged 13 or older, help's just a phone call away with **Nexus**.



ABOUT NEXUS

Nexus is all about creating a safe, supportive space where we help you find the answers yourself.

- We'll pair you with a Beat advisor who'll call each week for three months
- They'll be a sounding board, helping you set and achieve goals as you take care of your loved one
- They'll also offer you practical ways to bring about positive change
- You'll get a copy of Professor Janet Treasure's *Skills-based Learning for Caring for a Loved One with an Eating Disorder* to read as you put your new skills into action

SO, WHAT DO WE NEED FROM YOU?

You'll just need to be around for 40 minutes once a week for 12 weeks. (50 minutes the first week, so your advisor can get to know you and your situation a bit better.)

SCAN ME FOR



MORE INFO

WHAT NEXT?

Head to helpfinder.beateatingdisorders.org.uk or scan the QR code to refer yourself to Nexus. Once you've done that, we'll be in touch.

England:

0808 801 0677

help@beateatingdisorders.org.uk

Northern Ireland:

0808 801 0434

NIhelp@beateatingdisorders.org.uk

Scotland:

0808 801 0432

Scotlandhelp@beateatingdisorders.org.uk

Wales:

0808 801 0433

Waleshelp@beateatingdisorders.org.uk

