

# HARNESSING HOPE

Supporting someone with an enduring eating disorder?  
Recovery is always possible

**Beat**  
Eating disorders

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

When you're supporting someone with an eating disorder, it can be hard to see a way forward. When they've been ill for a long time, it can be harder still.

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

As a person caring for someone with an enduring eating disorder\* (one they've had for five years or more), you're probably dealing with more than a few challenges. And you're not alone.

Often the same issues come up for everyone. You might find it helpful to learn more about those challenges – and how to tackle them. In that case, **Harnessing Hope** could be for you.

## ABOUT HARNESSING HOPE

This workshop series is for anyone caring for an adult (18+) with an eating disorder that's lasted five years or more.

- Join five Zoom sessions run by expert clinicians
- You'll learn practical information about long-term eating disorders, hear useful advice, and meet others who know what you're going through

### SO, WHAT DO WE NEED FROM YOU?

You'll just need to be able to join us for one two-and-a-half-hour session per week, for five weeks.



\* These workshops are not suitable for those caring for someone with ARFID.

SCAN ME FOR



MORE INFO

## WHAT NEXT?

Head to [helpfinder.beateatingdisorders.org.uk](https://helpfinder.beateatingdisorders.org.uk) or scan the QR code to refer yourself to Harnessing Hope. Once you've done that, we'll be in touch.

### England:

0808 801 0677

[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

### Northern Ireland:

0808 801 0434

[NIhelp@beateatingdisorders.org.uk](mailto:NIhelp@beateatingdisorders.org.uk)

### Scotland:

0808 801 0432

[Scotlandhelp@beateatingdisorders.org.uk](mailto:Scotlandhelp@beateatingdisorders.org.uk)

### Wales:

0808 801 0433

[Waleshelp@beateatingdisorders.org.uk](mailto:Waleshelp@beateatingdisorders.org.uk)



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