

COPING WITH CELEBRATIONS

Eating disorders take the joy out of celebrations.
Put it back with Coping with Celebrations

Beat
Eating disorders

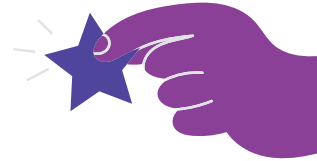
WE'RE BEAT, THE UK'S EATING DISORDER CHARITY.

We know when someone has an eating disorder, **the impact goes beyond just that person**. And we know 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, and the needs of your loved one.

ABOUT YOU

From Christmas to Ramadan, weddings to birthday parties – there are all sorts of events and celebrations that can be **extra challenging** for people with eating disorders. Which means that if you're caring for someone, **you might want a little extra help too.**



ABOUT COPING WITH CELEBRATIONS

Coping with Celebrations is a training course that runs throughout the year, tailored to different events that might be tricky to navigate.

- You'll start with an e-learning module, where you'll discover coping strategies and self-care techniques
- You'll also have a chance to build on what you've learned live with other carers through our Zoom workshop
- The exact content varies depends on the event. But you'll learn about things like navigating busy social situations, planning for big meals, and much more
- It's also completely free

WHAT'S COMING UP?

Keep an eye on what **Coping with Celebrations** courses are coming up – sign up for our carer support hub at **elearn.beateatingdisorders.org.uk**

SCAN ME FOR



MORE INFO

WHAT NEXT?

Head to helpfinder.beateatingdisorders.org.uk or scan the QR code to refer yourself to Coping with Celebrations. 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

