

Eating Problems

Mind: Understanding Eating Problems

https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/?gclid=Cj0KCQjwk_TbBRDsARIsAALJSOb9mhmG1_g3OMLM4yzsHMT27W1XY0AJxLhEEEPUZWPXBBeFL-XW7h4aArSrEALw_wcB&gclsrc=aw.ds#.W31Yw8uGOUk

The screenshot shows the Mind website's page for 'Eating problems'. At the top, there are navigation buttons: 'Talk to us', '> I need urgent help', and 'Donate'. A search bar is also present. The main header features the Mind logo and a navigation menu with options like 'Information & support', 'About us', 'News & campaigns', 'Get involved', 'Workplace', and 'Shop'. The breadcrumb trail reads: Home > Information & support > Types of mental health problems > Eating problems. The main heading is 'Eating problems', followed by a sub-heading: 'Explains eating problems, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.' Below this, there are options to 'Download PDF (439.5KB)' and 'Order printed copies from our mail order service'. A list of sub-topics is shown on the left: 'About eating problems', 'Types of eating disorders', 'Causes of eating problems', 'Recovery & self-care', 'Treatment & support', and 'For friends & family'. The main content area is titled 'What is an eating problem?' and contains text explaining that an eating problem is any relationship with food that is difficult. It notes that food plays an important part in our lives and that sometimes we may try to eat more healthily, but it can become a problem if it takes over your life. A key message is highlighted: 'Anyone, regardless of age, gender or weight, can be affected by eating problems.' A video player at the bottom shows a snippet of a video titled 'Eating disorders | Talking about mental health - Episode 11'.

B-eat: Eating Disorders Help and Treatment

<https://www.beateatingdisorders.org.uk/recovery-information/help-treatment>

The screenshot shows the B-eat website's page for 'Help and Treatment'. The top navigation bar includes the B-eat logo, contact information for 'HELPLINE 0808 801 0677', 'YOUTHLINE 0808 801 0711', and 'STUDENTLINE 0808 801 0811', along with a search bar. A secondary navigation bar lists categories: 'TYPES OF EATING DISORDER', 'RECOVERY INFORMATION', 'SUPPORT SERVICES', 'TRAINING & CPD', 'GET INVOLVED', 'NEWS', 'YOUR STORIES', and 'DONATE'. The main content area features a large image of two women talking. Below the image, the breadcrumb trail reads: Home / Recovery Information / Help and Treatment. The main heading is 'Help and Treatment', and the sub-heading is 'Early intervention'. The text below the sub-heading states: 'It's usually very difficult for people with eating disorders to get better on their own, so it's important that you or the person you'.

Anorexia and Bulimia Care:

Telephone Number: 03000 11 12 13

Support Line: Option 1

Family and Friends: Option 2

<http://www.anorexiabulimiacare.org.uk/>

The screenshot shows the homepage of the Anorexia & Bulimia Care website. At the top, there is a navigation menu with links: HOME, ABOUT ABC, HELP FOR YOU, FAMILY & FRIENDS, TRAINING PROFESSIONALS, HELP DIRECTORY, RECOVERY, GET INVOLVED, SUPPORT US, and TRIBUTE. Below the menu is a large banner image of four people walking in a park. The banner contains the text: "HERE FOR YOU" and "For over 25 years Anorexia & Bulimia Care has been supporting anyone affected by eating disorders." To the right of the banner, there is a search bar and a "NEWSLETTER SIGN-UP" button. Below the banner, there is a section titled "We are Anorexia & Bulimia Care" with a sub-headline "ABC is a national UK eating disorders organisation with over 25 years of experience. We are passionate about people and recovery." This section includes a paragraph about the organization's services and a "PLEASE DONATE" button with a phone icon. At the bottom of the page, there is a small text block: "Our telephone helplines are open from 9:30-5:30pm Monday-Friday. In 2017 we received:"

Bee-U: Self Help

<https://camhs.mpft.nhs.uk/bee-u>

Kooth

Kooth provide an anonymous 24-hour online service offering peer support, self-help and have trained counsellors to talk to. Anyone aged 11-25, living in Shropshire and Telford & Wrekin, can register to access this service and you don't need to be referred or have an appointment.

Whilst the website is available 24 hours, there will be someone to talk to online at the following times:

- 12:00 to 22:00 (Monday to Friday)
- 18:00 to 22:00 (Saturday, Sunday and Bank Holidays)

For more information visit Kooth – www.kooth.com

The Children's Society

The Children's Society deliver health promotion, prevention and early help and support as well as working with young people to aid transition/sign posting to other services or resources. Drop in sessions are available in Shrewsbury and Telford.

BEAM Telford

Mondays 2:00pm-6:00pm

Hollinswood Neighbourhood Centre, 7 Downmead, Hollinswood, Telford TF3 2EW

BEAM Shropshire

Thursdays 2:00pm-6:00pm

Palmer's Coffee Shop, Belmont Church Claremont Street, Shrewsbury SY1 1QG

You don't need to be referred or have an appointment. For more information you can email at

AskBeam@childrenssociety.org.uk

For more information about The Children's Society please visit www.childrenssociety.org.uk