

## 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](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 for 'Talk to us', 'I need urgent help', and 'Donate', along with a 'Custom Search' field. The Mind logo is prominently displayed. Below the logo is a navigation menu with options like 'Information & support', 'About us', 'News & campaigns', 'Get involved', 'Workplace', and 'Shop'. The main content area features a breadcrumb trail: 'Home > Information & support > Types of mental health problems > Eating problems'. The title 'Eating problems' is followed by a brief explanatory text and a 'Download PDF (439.5KB)' link. A sidebar on the left lists sub-topics: 'About eating problems', 'Types of eating disorders', 'Causes of eating problems', 'Recovery & self-care', 'Treatment & support', and 'For friends & family'. The main text area is titled 'What is an eating problem?' and includes a definition, a paragraph about food's role in life, and a video player for '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 'Help and Treatment' page. The header features the B-eat logo and three contact options: 'HELPLINE 0808 801 0677', 'YOUTHLINE 0808 801 0711', and 'STUDENTLINE 0808 801 0811'. A search bar is located on the right. Below the header is a navigation menu with links for '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 is a breadcrumb trail: 'Home / Recovery Information / Help and Treatment'. The title 'Help and Treatment' is followed by a sub-section 'Early intervention' and a paragraph stating: '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.anorexiabulimiare.org.uk/>

The screenshot shows the homepage of Anorexia & Bulimia Care. 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 text reads: "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, the text reads: "We are Anorexia & Bulimia Care" and "ABC is a national UK eating disorders organisation with over 25 years of experience. We are passionate about people and recovery." There is also a "PLEASE DONATE" button with a phone icon.

Bee-U: Self Help

<https://beeu.org.uk/self-help/>

### 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](http://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](mailto:AskBeam@childrenssociety.org.uk)

For more information about The Children's Society please visit [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)