

DIRECTORY INFORMATION

Date issued: 11/10/07

Chief Executive Officer: Susan Ringwood

beat is the working name of the Eating Disorders Association

Registered Charity No. 801343
Company Limited by Guarantee No. 2368495



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beat is the leading UK wide charity providing information, help and support for people affected by eating disorders - anorexia, bulimia nervosa and binge eating disorder.

Details of local contacts are freely available to callers ringing our helplines.

beat services and support include:

- **Helplines:** national telephone, e-mail and text helplines
- **Self Help:** UK wide network of groups run by volunteers
- **Information:** a website at www.b-eat.co.uk
leaflets and literature for individuals and organisations
details and contacts for treatment services in the UK
- **Training:** courses and conferences for health, education and social care staff
- **Media:** information and resources for journalists and broadcasters
- **Research:** support for academic and clinical studies, and research trials

beat's vision is that Eating Disorders will be beaten

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e-mail info@b-eat.co.uk
Website www.b-eat.co.uk

Help for Young people

Youthline 0845 634 7650
e-mail FYP@b-eat.co.uk
TEXT 07786 20 18 20
Open Mon - Fri 4:30pm to 8:30pm and Sat 1:00pm to 4:30pm

Help for Adults

Helpline 0845 634 1414
e-mail help@b-eat.co.uk
Open Mon - Fri 10:30am to 8:30pm and Sat 1:00pm to 4:30pm