

Registered charity no: 801343
beat is the trademark of the
Eating Disorders Association

Over 1.1million people in the UK are directly affected by eating disorders

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changing the way people think about eating disorders

Help For Young People

Youthline 0845 634 7650

Mon - Fri 16.30 - 20.30

Sat 13.00 - 16.30

E-mail FYP@b-eat.co.uk

TEXT 07786 20 18 20

Help For Adults

Helpline 0845 634 1414

Mon - Fri 10.30 - 20.30

Sat 13.00 - 16.30

E-mail help@b-eat.co.uk

MiniCom Number 01603 753322

beat is changing the way people think about eating disorders

Over 1.1 million people in the UK are directly affected by eating disorders. That means lives lost, bright futures destroyed.

Eating disorders are a serious mental illness - not a fad, a diet gone wrong or a fashion accessory. That's why eating disorders must be beaten. And they can - with the right treatment and the right support.

beat is the organisation that campaigns; that challenges the stigma that people with eating disorders face; that gives people the help and support they need.

We have a vision: eating disorders will be beaten. And we make our vision real.

beat supports

People need to know that they can get help beating their eating disorders. We run national helplines, a UK-wide self-help network, a comprehensive website. We are the first port of call, a first step towards recovery and hope.

Eating disorders will be beaten when more people affected by eating disorders access the help and information they need.

beat campaigns

People need to have confidence in the healthcare system so that they get the help and treatment they need. Beating an eating disorder can be a battle, but the fight shouldn't be with the system.

We campaign to improve services. We engage with Government and policy makers and make sure that the views of people with eating disorders are listened to and taken into account.

Eating disorders will be beaten when the most effective treatment is available to all.

beat speaks

Nobody should have to hide their eating disorder because of the shame and stigma that they feel. Eating disorders are not about magazine headlines, they are about real damage and real distress.

That's why we challenge journalists and writers to present the truth about eating disorders.

Eating disorders will be beaten when they are no longer sensationalised or trivialised in the media.

beat knowledge

People affected by eating disorders need professional help and support - from teachers, doctors, nurses. We provide staff training, opportunities to network and develop professional skills. We are involved in research studies and support evidence based treatment.

Eating disorders will be beaten when health, education and social care staff are knowledgeable, confident and able to provide treatment and support.

Be a beat supporter

We can all beat eating disorders.

As a beat supporter, you can join campaigns, take part in research, and get up-to-the-minute information about the latest treatments, get tips on how to cope and manage. You can help us raise our profile, help us raise the funds to beat eating disorders.

Help us improve healthcare services. Join us in challenging the media, in changing how we think.

Help us improve what we do, help us do even more.

Help us make a difference.

Together we can beat eating disorders

People are beating eating disorders every day. Adults, young people, parents, carers, friends, doctors, nurses, teachers. It doesn't matter who you are or what you do. You can start to beat eating disorders today.

- Call our telephone helplines.
- Contact our e-mail and text services.
- Be part of our UK wide Self Help Network.
- Visit our website with message boards, live chat and online support.
- Take part in schools and youth work based programmes.
- Send for literature or educational resources.
- Attend a training course for professional staff.
- Raise awareness through the media.
- Support research.
- Join our campaigns.
- Be a beat supporter.

Help us make our vision real. Eating disorders will be beaten

www.b-eat.co.uk