

On Line



www.beateatingdisorders.org.uk



<https://freedfromed.co.uk/>



www.anorexiabulimiacare.org.uk

Beat - The UK's Eating Disorder Charity

Provides extensive information for you as parents/ carers on Eating Disorders; it also includes online resources, online support groups, an active helpline and online web chats

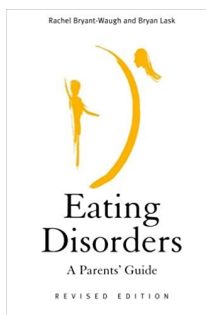
FREED - First Episode Rapid Early Intervention for Eating Disorders

Provides information and resources on Eating Disorders.

ABC - Anorexia and Bulimia Care

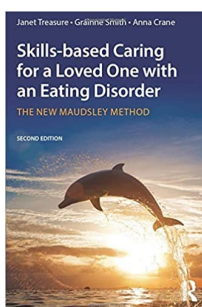
Is also a national UK Eating Disorders organisation that has a number of practical tools and resources that provide information for parents and carers. It also provides helplines and email support

Books



Eating Disorders: A Parent's Guide by Rachel Bryant-Waugh and Bryan Lask.

This book will help you understand some of the more common reasons why Eating Disorders arise and will give you advice on what you and others can do to manage the situation.



Skills Based Learning for Caring for a Loved One with an Eating Disorder by Janet Treasure, Grainne Smith and Anna Crane.

This book provides you as parents/ carers with the skills and knowledge which can help you with your child suffering from an Eating Disorder.