

## **Rhodes Wood Hospital suggested useful telephone numbers for parents/patients.**

### **b-eat**

Charity supporting anyone affected by eating disorders or difficulties with food, Weight and shape.

Website: <http://b-eat.co.uk/>

Helpline (adult – 18+): 0845 634 1414 or email [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

Helpline (youth – under 25): 0845 634 7650 or email [fy@b-eat.co.uk](mailto:fy@b-eat.co.uk)

### **Eating Disorders Support UK**

Organisation providing support for anyone affected by an eating problem,

Including anorexia nervosa, bulimia and binge-eating disorder.

Also provides support for those caring for people with eating disorders.

Website: <http://www.eatingdisorderssupport.co.uk>

Helpline: 01494 793223

Email support: [support@eatingdisorderssupport.co.uk](mailto:support@eatingdisorderssupport.co.uk)

### **Caroline**

Provides a helpline, counselling and support groups for those living with eating disorders

Website: <http://www.caraline.com>

Helpline: 01582 457474

Email: [caralined@aol.com](mailto:caralined@aol.com)

### **Men Get Eating Disorders Too**

Online support and information specifically for men with eating disorders, or those who know a male with an eating disorder.

Website: <http://MenGetEDsToo.co.uk>

### **Overeaters Anonymous**

Organisation offering support for people who experience compulsive over eating.

Website: <http://www.oagb.org.uk>

Telephone: 07000 84985

Email: [general@oagb.org.uk](mailto:general@oagb.org.uk)

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### **Samaritans**

Confidential support for people feeling distressed

Website: <http://www.samaritans.org>

Helpline: 08457 909090

Email support: [jo@samaritans.org](mailto:jo@samaritans.org)

### **Support Line**

Confidential telephone helpline offering support to anyone on any issue

Website: <http://www.supportline.org.uk>

Helpline: 01708 765200

Email: [info@supportline.org.uk](mailto:info@supportline.org.uk)

### **Anorexia and Bulimia Care (ABC)**

On-going care, emotional support and practical guidance for anyone affected by eating disorders.

Website:  
<http://www.anorexiabulimiare.org.uk/>

Helpline: 03000 11 12 13