

Specialist resources

GP first port of call –

- GP can refer to ED teams in each trust area (there is a waiting list depending on severity)
- CAMHS service is available for under 18s.

CHARITIES AND COMMUNITY INTEREST COMPANIES -

Freed Beyond www.freedbeyond.org

Support for both those experiencing EDs and/or carers

Group programs, training, carers' support, therapy sessions (18+), ongoing support

info@freedbeyond.org

FIGHTED Groomsport 07999 901936

- support to carers and friends
- run New Maudsley training weekends for carers in various locations

www.fighted.org

CHARLIE WALLER TRUST www.charliewaller.org

New Maudsley online Workshops for Parents and Carers

[New Maudsley Training Course Dates \(charliewaller.org\)](http://www.charliewaller.org)

THE LAURENCE TRUST, Belfast 07510371335

- offers information, education and support for men experiencing eating disorders
- information on the website for men and women
- helpline

www.thelaurencetrust.co.uk

AMHEveryBODY, Portadown 02838392314

- offers education and support and one-to-one sessions

www.amh.org.uk

BEAT Eating Disorders 020 39186340 www.beateatingdisorders.org.uk or n.armstrong@beateatingdisorders.org.uk
(National Officer for NI)

Provide resources, web chat and online groups for both those seeking recovery and carers. All the group information is on their website.

Helplines are open 365 days a year 08088010677

BODYWHYS The Eating Disorder Association of Ireland: helpline (01) 2107906 www.bodywhys.ie

PiLaR: Peer Led Resilience 4 week programme for carers/family members

PRIVATE BUSINESSES

NI COUNSELLING 075480 808806 [Counselling & Psychotherapy | NI Counselling | Antrim Counselling](http://www.nicounselling.com)

Offer ED therapy

DEBBIE HOWARD [Eating Disorder Therapy - Psychotherapy Belfast | Deborah Howard](http://www.deborahowardpsychotherapy.com)

[\(deborahowardpsychotherapy.com\)](http://www.deborahowardpsychotherapy.com) ED therapist

MARINO THERAPY CENTRE, Dublin 00353 1 857 6901 info@marinotherapycentre.com

- therapy sessions and groups for sufferers and carers
- great information on the website
- **tip of the day** on the website and Facebook page (free resource)
- series of **podcasts** 'Calling it Out.' (free resource)

ORRI – based in London but some great resources online [Welcome to Orri. Eating Disorder Treatment Clinic.](http://www.welcome-to-orri.com)

BALANCE NUTRITION (remote service) <https://www.balanceie.com/services>

Nutritionists with expertise in nutrition for eating disorder recovery. Remote service based in NI.

Contact details of the main nutritionist jamie@balanceie.com

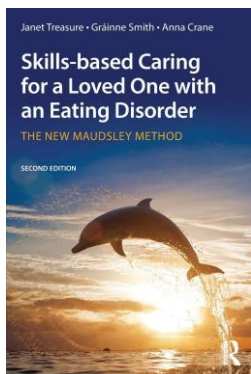
SARAH DANAGHER DIETICIAN with eating disorder expertise Bangor 07758100727

Offers zoom sessions.

<https://srdnutrition.co.uk>

KATE MCCULLA NUTRITION with eating disorder awareness contact@katemcculla.com <https://katemcculla.com>

RECOMMENDED READING:

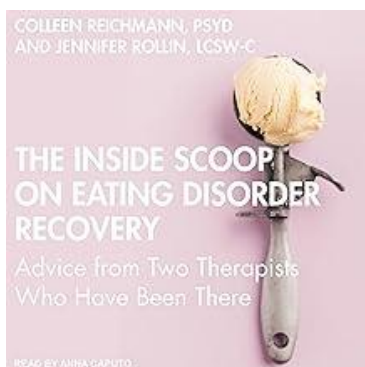


FOR CARERS:

Skills-based Caring for a Loved One with an Eating Disorder:

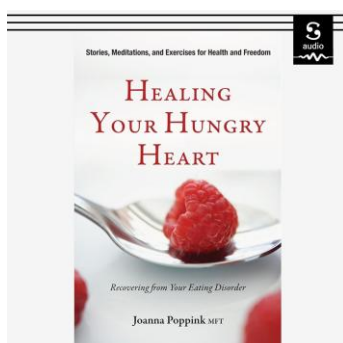
The New Maudsley Method

By Janel Treasure, Grainne Smith & Anna Crane



The Inside Scoop on Eating Disorder Recovery: Advice from Two Therapists Who Have Been There

by Colleen Reichmann & Jennifer Rollin



Healing Your Hungry Heart: Recovering from Your Eating Disorder

By Joanna Poppink