

Beat helps people like Natalie

“ I remember the first time I called the Beat helpline. I had been suffering from bulimia for about three years and had hit rock bottom. My life was spiralling out of control. I was just about managing my job, and had lost all contact with my friends.

I knew that I had to take it upon myself to get help and that it had to come from me. I was so scared and nervous there was no way I could go straight to my GP and I hadn't told anyone about my eating problem.

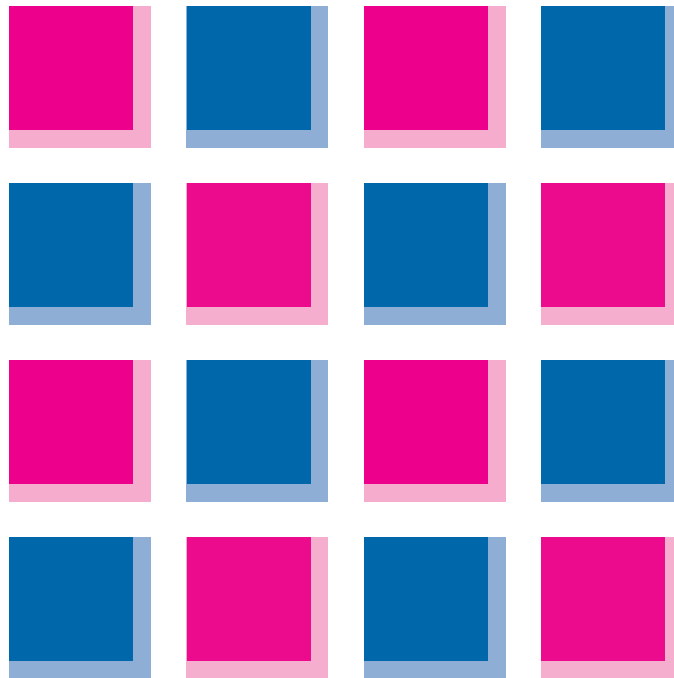
When I searched online for getting help with an eating disorder I found Beat's website and saw they had a helpline. It took a lot for me to call the number, I was so nervous but I am so glad I did.



The Beat helpline staff were amazing. They were so understanding and friendly and told me about all the services Beat offer. As well as the helpline there were online message boards where I could speak to people who were also suffering from eating disorders.

They also suggested that I make an appointment with my GP and talked me through what might happen and ways I could tell my doctor. They told me about the self help and support groups that Beat run and I found that there was one only a few miles from me.

Sitting here now knowing I am three years in recovery, I owe my life to Beat. If it wasn't for the helpline and making that initial call I really don't know where I would be now. ”



Help for Adults

Helpline: 0845 634 1414

Email: help@b-eat.co.uk

Help for Young People

Youthline: 0845 634 7650

Email: fyp@b-eat.co.uk

Text: 07786 201820

Online support including information, message boards and online support groups

Beat Network of Self Help and Support Groups across the UK

HelpFinder online directory of support services

Follow us  [@beatED](https://twitter.com/beatED)

Like us  facebook.com/beating.eating.disorders

Beat, Wensum House, 103 Prince of Wales Road,
Norwich, NR1 1DW

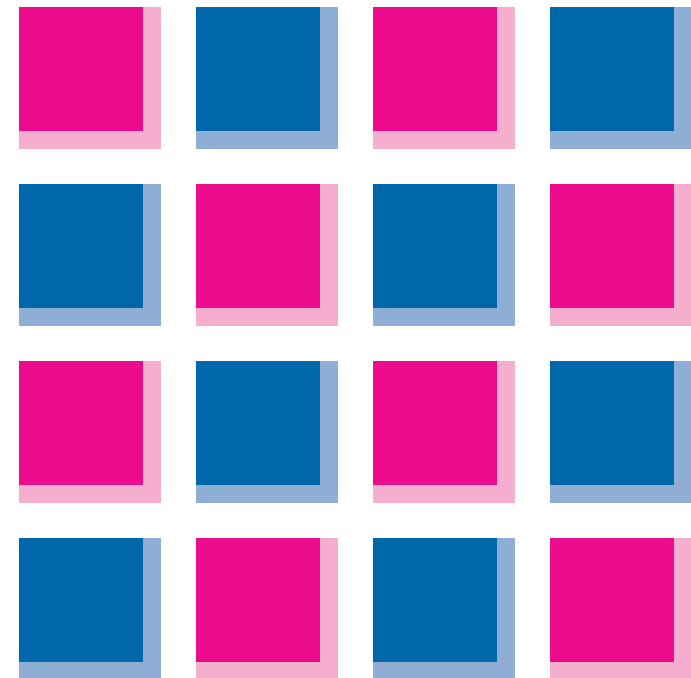
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Beat, the UK's leading charity
supporting anyone affected
by eating disorders or difficulties
with food, weight and shape



beatTM
25 years of beating
eating disorders

How Beat can help you

Beat is the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.

We provide information and support:

- **Helplines** which people can call, text or email
- UK wide network of **self help and support groups**
- **Online support** including information, message boards and online support groups
- **HelpFinder**, an online directory of support services

We also run specific projects such as our **Transitions project** supporting young people at times of change in their life and our **Emotional Overeating project** setting up self help and support groups for people who binge eat, compulsively overeat or feel they have emotional eating issues.

We provide expert **training, resources** and **consultancy** to health and social care professionals and schools. Our work in schools includes partnering with the Dove Self Esteem Project to provide **free self esteem workshops** to students aged 11-14.

We support and encourage **research** into eating disorders and **challenge stereotypes and stigma, increase understanding** and **campaign** for better services and access to treatment.

Helping us to raise awareness are **Young Ambassadors**, young people aged 14-25 with personal experience of an eating disorder. Fully trained and supported by Beat they inspire others with the message that recovery is possible.

Beat is currently celebrating its **25th anniversary**. Since 1989 we have been committed to supporting those affected by eating disorders and working towards our vision: **eating disorders will be beaten**.

Eating disorders and difficulties with food, weight and shape

Eating disorders are **serious mental illnesses** and include **anorexia, bulimia** and **binge eating disorder**. Over **1.6 million men and women** of all ages and backgrounds in the UK are affected by eating disorders.

Eating disorders **claim more lives than any other mental illness** – one in five of the most seriously affected will die prematurely from the physical consequences or suicide.

Eating disorders are **complex** and there is **no one single cause** why someone develops an eating disorder. A whole range of different factors combine such as genetic, psychological, environmental, social and biological influences. Latest research is showing us that they are much more hard wired and biologically based than was previously thought.

Although serious, eating disorders are **treatable conditions** and **full recovery is possible**. The sooner someone gets the treatment they need, the more likely they are to make a full recovery. We know at Beat from our daily contact with people affected, they can and do make a full recovery – their lives no longer dominated by fear of food.

Beat is there for anybody whether they have a diagnosed eating disorder, difficulties with food, weight and shape or worried about a family member or friend.

How you can help Beat

There are a number of ways you can get involved and support Beat.

We can only continue our work because of the generous support of people like you and rely on donations to run our essential services.

Fundraise for Beat and take part in a fundraising event or fundraise at your workplace or school. Every year we organise **Eating Disorders Awareness Week** in February and during the week we encourage people to get silly with their socks and take part in our **Sock it to Eating Disorders** fundraising campaign.

Leave a gift in your Will helping us to be there in the future and achieve our vision - that eating disorders will be beaten. After you have remembered your friends and family any gift you can afford, however large or small, will be greatly appreciated and make a lasting impact.

Volunteer with us and help across the organisation. There are lots of roles where you can make a real difference from facilitating a self help and support group to helping out in the office. We could not continue our work without the loyalty and dedication of our volunteers.

If you have experience of an eating disorder become a **media volunteer** and share your story in the media, inspiring others to get help or become a **research volunteer** and help researchers further their studies and learn more about eating disorders.

However you get involved, your support really will make a difference.

www.b-eat.co.uk

