

Sat, June 06, 2020

Eating Disorders Association (Beat)



Beat is the leading UK wide charity providing information, help and support for people affected by eating disorders – anorexia, bulimia nervosa, obesity and binge eating disorder.

Beat services and support include:

- Helplines: national telephone, e-mail and text helplines.
- Self Help: UK wide network of groups run by volunteers.
- Information: via their website – leaflets and literature for individuals and organisations as well as details and contacts for treatment services in the UK.
- Training: courses and conferences for health, education and social care staff.
- Research: support for academic and clinical studies, and research trials.

Details of local contacts are freely available to callers ringing our helplines.

Youthline (Aged 25 or younger):

0845 634 7650 **Text:** 07786 20 18 20
Mon – Fri 1.30pm - 4.30pm

Email: FYP@b-eat.co.uk

Adults Helpline:

0845 634 1414
Mon – Fri 10.30am - 6.30pm

Email: help@b-eat.co.uk



If you would like a call back, send us the text message 'call back'. We aim to get back to you within 24 hours and during Youthline open hours.

Further Information and Contact Details

Street Address: 103 Prince of Wales Road, Norwich, NR1 1DW

Telephone: 0300 123 3355

Fax: 01603 664 915

Email: info@b-eat.co.uk

Website: www.b-eat.co.uk