



Online support for eating disorders in Scotland

A project supporting young people with an eating disorder and their parents and carers across Scotland.



I feel that if an email befriending scheme was put into place at the time I was struggling, I would have definitely benefited from communicating with someone about how I felt, knowing I was not alone.

Volunteer befriender.

I desperately want to show people that recovery is possible and it is great, no matter how scary it may seem at first.

Volunteer befriender.

One-to-one email support

Want to talk to someone who understands your experiences? We'll pair you with a Beat-trained volunteer befriender who has recovered from their own eating disorder or supported someone through recovery.

What to expect from your befriender:

- 1–3 emails per week.
- A listening ear.
- Encouragement.
- Signposting to other services that might be helpful during your journey.

Introducing the befrienders:

- Trained by Beat, the UK's eating disorder charity.
- Individuals aged 18–35 who have recovered from an eating disorder.
- Parents or carers who have supported a young person aged 12–25 with an eating disorder.

Am I eligible?

- I provide support to a young person in Scotland with an eating disorder who is aged between 12–25 years old **OR**
- I am a young person with an eating disorder in Scotland and I am 14–25 years old.

How to access the support:

Email teced@beateatingdisorders.org.uk to register for the service.

CARED: Online tutorials and resources for parents and carers

CARED is aimed at parents and carers whose loved ones have recently begun treatment for an eating disorder. It is hoped CARED can improve your confidence and support you to feel like you are not alone.

What to expect from CARED:

- Skills-based video tutorials.
- Links to appropriate resources.
- Tutorials compatible with evidence-based treatment.
- Hints and tips from recovered young people, professionals and other parents and carers.

How to access the support:

Visit www.caredscotland.co.uk

CARED



Learn more about the project

Beat, the UK's eating disorder charity, has teamed up with NHS Lothian to deliver an online peer support service for young people and their parents and carers, and an online support resource for parents and carers across Scotland, thanks to funding from the Technology Enabled Care Grant from the Scottish Government.



Looking for further support?

Helpline:

0808 801 0677

help@beateatingdisorders.org.uk

Youthline:

0808 801 0711

fyp@beateatingdisorders.org.uk

[@beatEDSupport](https://twitter.com/beatEDSupport) [Instagram](https://www.instagram.com/BeatEDSupport) BeatEDSupport

Visit beateatingdisorders.org.uk for message boards, online support groups, one-to-one chat and more information about eating disorders and recovery.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.

[@beatED](https://twitter.com/beatED) [Facebook](https://www.facebook.com/Beat.eating.disorders) Beat.eating.disorders

Unit 1, Chalk Hill House,
19 Rosary Road,
Norwich, NR1 1SZ.