

# **Info, Apps, Websites and Helplines for Parents**

## **Eating Disorders:**

<http://www.thenewmaudsleyapproach.co.uk/>

The purpose of this website is to provide parents and carers of people with eating disorders, with a toolkit to help educate, empower and equip them to deal more effectively with the stressful caring role.

<https://www.b-eat.co.uk/>

Beat is the UK's eating disorder charity. Our vision is an end to the pain and suffering caused by eating disorder. Helpline 0808 801 0677 and Youth line 0808 801 0711

<http://www.swedauk.org/>

SWEDA (Somerset & Wessex Eating Disorders Association) is a regional charity supporting those affected by eating disorders across Somerset. Set up in 1992 by a group of sufferers and carers, SWEDA has provided a range of services since then, for people struggling with anorexia, bulimia, binge eating and compulsive overeating.