

Patient Resource pack **Adult Eating Disorder Service**

How do I use this information?

Firstly, you do not need to read the entire pack in one go! There is a lot of information provided to meet different people's needs. Our hope is that as you read through this useful information, there is something you can identify or connect with.

Within the resources below there is a combination of psychoeducation, self-help modules and worksheets, and links for further support.

We recommend dedicating time, a quiet space, perhaps with a family member, carer, or friend, to start looking at these resources. Take breaks when needed, as this information may feel overwhelming, and be kind to yourself.

Videos:

- FREED Programme: Challenges of living with an eating disorder & the importance of early intervention
- FREED: Social media, food and me animation - <https://youtu.be/rcqXvOpYF30>
- See FREED website for further links: <https://freedfromed.co.uk/>

Podcasts:

- Laura Thomas Podcast - Don't Salt My Game. Some podcast episodes are free
- Christy Harrison - Food Psychology Podcast. Podcast episodes free, other paid for resources

Websites:

- **Centre for Clinical Interventions (CCI):**

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating>

The Break Free from ED modules are informed by evidence-based treatments, and reference materials by leading eating disorder clinicians including Glenn Waller, Christopher Fairburn and Tracey Wade. The modules are designed for people to be able to complete them independently.

- **First Episode Rapid Early Intervention for Eating Disorders (FREED):**

<https://freedfromed.co.uk/resources-for-patients-carers>

This website provides resources and information specifically designed for 18- to 25-year-olds who are either experiencing their first episode of an Eating disorder or have been struggling with an Eating disorder for less than 3 years.

- **Get self-help:**

<https://www.getselfhelp.co.uk/website/>

This website has a collection of psychoeducation, worksheets and prompt sheets that follow CBT principles.

- **Beat:**

<https://www.beateatingdisorders.org.uk/>

Beat is one of the UKs leading eating disorder charities providing support for people with eating disorders and their loved ones. Beat provide different online support groups. The Beat Adult Helpline contact number is 0808 801 0677 and the email address is help@b-eat.co.uk.

Books:

- **Overcoming Binge Eating by Dr. Christopher G. Fairburn.**

This guided self-help programme has been demonstrated in clinical trials to have good effectiveness and is helpful for those struggling with binge eating. It also has some useful application for those struggling with Bulimia Nervosa; the programme will assist you to lessen binge episodes and thereby lessen the perceived need for recourse to some instances of purging behaviours.

- **Beating Your Eating Disorder by Glenn Waller, Victoria Mountford, Rachel Lawson, Emma Gray, Helen Cordery & Hendrik Hinrichsen.**

This second cognitive behavioural self-help guide is again written by clinicians with many years of experience working in the field of eating disorders. You are likely to find this guide beneficial whether you have Anorexia Nervosa, Bulimia Nervosa, or more atypical eating problems. This book also provides helpful guidance for the families and carers of people with eating difficulties.

Recommended by experts by experience for Eating Disorder recovery:

- **Just Eat It: How Intuitive Eating Can Help You;** by Laura Thomas
- **How to Just Eat It: A Step-by-Step Guide to Escaping Diets and Finding Food Freedom;** by Laura Thomas
- **Anorexia and other eating disorders: How to help your child eat well and be well:** by Eva Musby
- **When your teen has an eating disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia & Binge Eating Disorder;** by Lauren Mulheim, PsyD.

Apps:

- **Recovery Record:** Can be used as a food diary and to track eating disorder thoughts.
- **Calm Harm:** Help with managing self-harm
- **Stay Alive:** Suicide prevention
- **Move Mood:** Helps with mild to moderate low mood using behavioural activation therapy techniques to help you feel better.
- **Clear Fear:** Uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours
- **Rise up: Eating Disorder Help:** Is described as a good alternative to My fitness Pal

Social Media:

Recommended by experts by experience:

- <https://www.facebook.com/joinequip>
- <https://www.facebook.com/EatingDisorderTherapyLA/>
- <https://www.facebook.com/endingeatingdisorders/timeline>
- <https://www.facebook.com/EDGIstudy/>
- <https://www.facebook.com/EatingRecoveryCenter>
- <https://www.facebook.com/AcademyforEatingDisorders/>
- <https://www.facebook.com/FEASTeatingdisorders>
- https://instagram.com/hatsmama?utm_medium=copy_link

Nutritional information:

Evidence based nutritional advice.

- The Real Food Pyramid information sheet:
<https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Eating-Disorders>
- The British Dietetic Association also has some useful resources:
<https://www.bda.uk.com/food-health/foodfacts.html>

General Mental health and Neurodiversity:

Resources for the Autistic Community

The National Eating Disorder Service at the Maudsley Hospital completed an audit and found that 35% of their service users with Anorexia Nervosa showed high scores on the AQ10 (Autism Spectrum Quotient) compared to 2% of the general population. We have, therefore, included the below resources that might be helpful.

- **Appeer:** <https://www.appeer.org.uk/>

Local group for neurodiverse girls/teens and young women. Please note that payment is required to attend the sessions. Not Eating Disorder specific

- **National Autistic Society:** <https://www.autism.org.uk/what-we-do>

Resources/Signposting for Self-Harm support

Sometimes, those struggling with an eating disorder also struggle with self-harm as a way of trying to cope with feelings of distress. Please see below some helpful resources if you are struggle with self-harm or thoughts to harm yourself.

- **SHOUT** Crisis text service: Text the word shout to 85258
- Self-injury support: <https://www.selfinjurysupport.org.uk/> support for women and girls affected by self-injury, trauma and abuse. Website provides resources and training on trauma and abuse
- **Harmless:** <https://harmless.org.uk> A group which supports people at risk of self-harm, their families, and friends.
- **Recover your life:** <http://www.recoveryourlife.com/> Online self-help support group. Offers help on a variety of topics surrounding self-harm, including self-injury, eating disorders, mental health issues, abuse, and bullying, as well as drugs and alcohol and first aid.

Anxiety

- **Anxiety UK**
<https://www.anxietyuk.org.uk/>

Anxiety UK is a national charity which helps people with anxiety. It provides resources and other forms of support for anyone struggling with any anxiety disorder. Please note, some of the resources on this website require payment.

Other Community Resources

- **Surrey and Borders Partnership NHS Foundation Trust**
<http://www.sabp.nhs.uk/>
The Trust's website contains advice and guidance that you may find useful for looking after your mental health and wellbeing.
- **Community Connections Services**
<https://communityconnectionssurrey.org.uk/>
Offers local support groups, activities, and courses. Each local area has a lead provider and information can be found on their website.
- **Recovery College**
<https://www.sabp.nhs.uk/our-services/recovery/recovery-college>
Our Recovery Colleges in Surrey and Northeast Hampshire are designed to support people in their recovery. They help people improve their health and wellbeing through courses on a range of mental and physical health conditions. The colleges are a partnership involving voluntary, NHS and local authority organisations, and existing Recovery Colleges. All courses are run by professionals from the partnership organisations and are developed and delivered alongside our recovery coaches who all have lived experience of mental or physical illness or are supporting someone with a mental or physical illness.
- **Citizens advice:**
<https://www.citizensadvice.org.uk/>
Support and advice on all aspects of benefits, housing, work and your community
- **Personal Independence Payments:**
<https://www.gov.uk/pip>
This is the official site to begin an application for PIP. First step will be phoning and registering with them to begin your claim. They will then send a long form for completion.
The following 2 links are very good for help with filling this in (the age uk site information is not specific for older persons):
<https://www.mentalhealthandmoneyadvice.org/en/welfare-benefits/pip-mental-health-guide/help-with-your-pip-claim/how-to-fill-in-the-pip-form/>
<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/personal-independence-payment/>
- **Carers Allowance**
[Carer's Allowance: How it works - GOV.UK \(www.gov.uk\)](http://www.gov.uk)