

Resources for Parents

Online

Beat

Website: www.b-eat.co.uk

Under 18 email: fyp@beateatingdisorders.org.uk

Centre for Clinical Interventions Resources

www.cci.health.wa.gov.au/Resources/Overview

Overcoming Anorexia for Carers:

www.overcominganorexiaonline.com

Young Minds:

www.youngminds.org.uk/find-help/for-parents/

TED talk 'EDs from the inside out'

<https://www.youtube.com/watch?v=UEysOExcwrE>

Video Resources for Parents

<https://anorexiafamily.com/videos-eating-disorder-anxiety-child/>



Telephone

Beat Adult Helpline

Tel: 0808 801 0677

Weekdays: 12pm – 8pm

Weekends and bank holidays: 4pm – 8pm

Young Minds Parent Helpline

Tel: 0808 802 5544

Mon-Fri from 9.30am to 4pm

Samaritans:

You can get in touch about anything that's troubling you, no matter how large or small the issue.

Tel: 116 123

SANeline:

Charity working to improve the quality of life for anyone affected by mental illness

Tel: 0300 304 7000

4:30pm – 10:30pm daily



Books

Anorexia Nervosa; A Survival Guide For Families, Friends and Sufferers

By Janet Treasure

ISBN 0-86377 760-0

Eating Disorders a Parents' Guide, from the Great Ormond Street Hospital Eating Disorders Clinic

by Rachel Bryant-Waugh and Bryan Lask

ISBN 0-14-026371-3

Eating with your Anorexic – How my child recovered through family-based treatment and yours can too

by Laura Collins

ISBN 0071445587

Boys Get Anorexia Too – Coping with male eating disorders in the family

by Jenny Langley

ISBN 1412920221

The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks

by Thomas F. Cash

ISBN 1-57224-062-8

Biting the Hand that Starves You: inspiring resistance to anorexia/bulimia

by Richard Maisel, David Epston and Alisa Borden

ISBN 0393703371

Skills-based learning for caring for a loved one with an eating disorder: The new Maudsley method

by Janet Treasure, Gráinne Smith, Anna Crane

ISBN 0415431583

Anorexia and other Eating Disorders: how to help your child eat well and be well: Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers

by Eva Musby

ISBN 9780993059803

