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**Themes:** Counselling, Health and Wellbeing, Healthier Lives, Specific Health Conditions, Support Groups

**Aimed at:** All People

Support on the journey to recovery from an eating disorder

Eating Disorders Support is an organisation providing help and support to anyone affected by an eating problem such as anorexia nervosa, bulimia nervosa or binge eating disorder. It also provides help for those who are caring for or supporting someone with an eating disorder.

Eating Disorders Support is a registered charity staffed and run entirely by trained volunteers, experienced in supporting individuals who have problems associated with eating. Support is provided via a confidential phone helpline, email support, or online self-help group meetings.

Eating Disorders Support is also able to provide displays, information packs and give talks about eating disorders to schools and other organisations.

**Area:** Bassetlaw, Bolsover

### **Contact Details**

Eating Disorders Support

Sun House

HP5 1HU

[support@eatingdisorderssupport.co.uk](mailto:support@eatingdisorderssupport.co.uk)

01494 793223 -Helpline -anytime

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

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