Sources of Support When Teaching About Eating Disorders

Eating Disorders (or disordered eating) can affect up to one in ten students in a class. Controlling food might be the only coping mechanism that the student finds to be effective in times of stress. Early intervention is recommended but it can be difficult to pick up the signs. Eating disorders left unchecked can be highly dangerous.

Online support
Beat: www.b-eat.co.uk
ABC: www.anorexiabulimiacare.org.uk
Men Get Eating Disorders Too: www.mengetedttoo.co.uk
Boys Get Anorexia Too: www.boyanorexia.com

Students
http://studentsagainstdepression.org/about-us/

Parents
http://thenewmaudsleyapproach.co.uk/
http://www.maudsleyparents.org/
http://evamusby.co.uk/

Youtube Videos
https://www.youtube.com/user/FEASTvideopage
Recovery film - https://www.youtube.com/watch?v=tndEOVl8Zx8

Books
5) Eva Musby (2014) 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. APRICA publishers