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**Themes:** Advocacy, Counselling

**Aimed at:** All People

Beat is the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders. Eating disorders are serious mental illnesses that ruin and, too often, take lives.

Around 1.25 million people in the UK suffer from these illnesses, many in secret. They are of all ages, genders and backgrounds – eating disorders do not discriminate. Eating disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), other specified feeding or eating disorder (OSFED), and anorexia, which tragically has the highest mortality rate of any mental illness, though all eating disorders can be deadly. While this is the worst-case scenario, there are many ways in which eating disorders severely affect the quality of life of both those suffering and those who care about them. They steal childhoods, devastate relationships and pull families apart. But, with the right treatment and support, recovery is possible.

#### What we do

Our national Helpline exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone 365 days a year. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery. We also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health. And we campaign to increase

knowledge among healthcare and other relevant professionals, and for better funding for high-quality treatment, so that when people are brave enough to take vital steps towards recovery, the right help is available to them.

The work we do means that every year lives are saved, families are kept together, and people are able to live free of eating disorders.

**Area:** Bassetlaw, Bolsover

### **Contact Details**

Beat

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[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

0808 801 0677- Adult helpline

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

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