

Useful Resources and Contacts

Beat

A leading UK eating disorder charity.
beateatingdisorders.org.uk

Carers UK

A charity supporting carers.
Call 0808 808 7777
carersuk.org

Action for Carers

A Surrey carer support service offering one-to-one and group support and resources.
actionforcarers.org

Books

Skills-based Learning for a Loved One with an Eating Disorder: **The New Maudsley Method** by Janet Treasure

Mental Health Crisis Helpline

A 24-hour helpline in Surrey and North East Hampshire for anyone concerned about their mental health, or that of a friend or relative.
Call 0800 915 4644.

FEAST

FEAST is a charitable organisation providing support to carers. Their 'First 30 Days' free email-based educational pack helps carers get up-to-speed fast with eating disorders.
feast-ed.org.uk

AEDimhs: 01372 204001 / 07391731733

**For general inquiries about
AEDimhs Call:**

01372 204001 or 07391731733

**If you would like this information
in another format or another
language:**

Email: communications@sabp.nhs.uk

Surrey and Borders Partnership
NHS Foundation Trust
Third Floor, Leatherhead House,
Station Road, Leatherhead, Surrey.
KT22 7FG

Tel: 0300 55 55 222
Textphone: 020 8964 6326
sabp.nhs.uk
@sabpnhs **facebook.com/sabpnhs**

Publication ref: 1202930/ SB00504 /AEDimhs/V2
Publication date: February 2023

Mental Health
Services

NHS
Surrey and Borders
Partnership
NHS Foundation Trust



AEDimhs

**Adult Eating Disorder
Integrated Mental
Health Service**

Are You a Carer?



Are You Caring for Someone with an Eating Disorder?

If you are supporting a relative, partner, friend, or colleague with an eating disorder you are doing an incredibly important job.

It's not unusual for carers to sometimes feel worried, isolated, or overwhelmed. So as a carer you may need support too.

How We Support You

Our service helps carers as well as the people they are supporting. When we receive a request for support for a person with an eating disorder, we draw up an individual care plan to help them work towards recovery. Carers are central to the success of a care plan, so we also offer a range of advice and information for carers as part of the assessment process. As a carer, you will be advised how you can access help and you are able to request support directly from us at any time.

Carer Support

► Assessment and Treatment

We encourage people who are attending an assessment to bring their carer along. In developing a person's care plan we will include the support carers can give in line with patient confidentiality and we will advise carers of the advice and support they can access too.

► Personalised Resource Packs

We provide personal resource packs to all carers. These include a recommended reading list, together with details of carers charities and organisations offering further support.

► Online Training

We have joined with Beat to offer Developing Dolphins, an online training course. This provides invaluable information for carers on eating disorders: managing them, encouraging recovery, and looking after wellbeing.

**For general inquiries about
AEDimhs Call:**

01372 204001 or 07391731733



Remember: Look After Yourself!

Taking care of your own wellbeing is incredibly important. It's like putting your oxygen mask on first in an emergency on a plane, so that you can then help others. Take time out to spend with your own support networks. If you are struggling, do reach out to your GP and carer support charities.