## **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 oneto-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 **AFDimhs 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

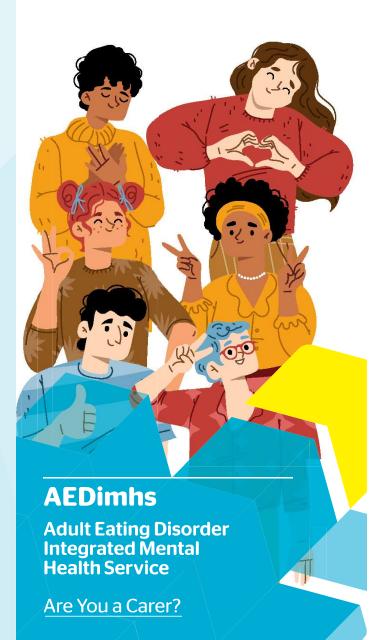
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# Are You Caring for Someone with an Eating Disorder?

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.