

Useful resources for parents and carers of young people with an eating disorder

Beginning treatment for an eating disorder can be overwhelming. Here are some selected external resources which may be of help and are recommended by NHS Lothian CAMHS. Visit the websites or scan the QR codes below:

EVA MUSBY

Eva Musby is a source of support for parents and carers of young people with eating disorders. The website 'the Anorexia Family' includes helpful resources. It is primarily aimed at families who are receiving Family Based Treatment.

There is also a book available which many parents and carers have found to be helpful too.

<https://anorexiafamily.com/?v=79cba1185463>



Beat is the UK's leading eating disorder charity who provide information, support and helplines for young people, adults and carers who are suffering from an eating disorder.

www.beateatingdisorders.org.uk



FEAST is a global network of parents of young people with eating disorders. The website provides information and hosts a forum called 'Around the Dinner Table' to support each other. There are articles and resources for parents and carers which can be helpful for navigating an eating disorder.

www.feast-ed.org/

