

SCOTLAND: EATING DISORDER ONLINE PEER SUPPORT

SUPPORTING YOUNG PEOPLE WITH AN EATING DISORDER AND PARENTS/CARERS OF YOUNG PEOPLE WITH AN EATING DISORDER ACROSS SCOTLAND.

Beat, the UK's eating disorder charity, has teamed up with NHS Lothian to deliver online peer support for young people and their parents/carers nationwide across the whole of Scotland, thanks to funding from the Technology Enabled Care Grant from the Scottish Government.

Am I eligible to provide peer support?

- I have been **in recovery for at least 2 years** and I am aged between **18 – 35 years old** OR;
- I have **provided support for a young person** with an eating disorder aged **up to 25 years old**

Providing one-to-one email support

You will provide “buddy” based emails to either young people with an eating disorder aged up to 25 years old, or to parents/carers of young people who have an eating disorder. You will receive formal training from Beat, consisting of boundaries in communication, active listening skills based on motivational interviewing principles, and safeguarding policies and practices. You will be supported by Beat, with all emails moderated, to ensure all online communication is helpful and safe.

Am I eligible to receive peer support?

- I either **provide support to a young person in Scotland** with an eating disorder who is aged between **12 - 25 years old** OR;
- I am a **young person with an eating disorder in Scotland** who is aged between **14 – 25 years old**

Receiving one-to-one email support

Email our befrienders to receive one-to-one support. Beat's befrienders are volunteers who have either recovered from their own eating disorder and are aged between 18 – 35 years old, or who have cared for a young person aged between 12 – 25 years old with an eating disorder. Your befriender will offer a listening ear, provide encouragement and signpost to other services that might be helpful during your journey.

We hope the online support will help to address carer burden, distress and reduce isolation, as well as support young people with an eating disorder.

Online Tutorial and Support Resource for Parents & Carers

As of March 2018, we will be launching **Cared**, an online resource aimed at enhancing confidence, consisting of skill based video tutorials for carers, links to appropriate resources, numerous tutorials compatible with existing evidence-based treatment, and hints and tips from recovered young people, professionals and parents/carers themselves.

For further information, please email: teced@beateatingdisorders.org.uk

How can I access these services?

Email: teced@beateatingdisorders.org.uk

Phone: 0131 550 3713



Need further support?

Beat's Helpline (anyone over 18 years old)

Email: help@beateatingdisorders.org.uk

Phone: 0808 801 0677

Beat's Youthline (anyone under 18 years old)

Email: fyp@beateatingdisorders.org.uk

Phone: 0808 801 0711



HelpFinder, an online directory of support services: helpfinder.b-eat.co.uk

Beat website for further information, message boards and online support:
www.beateatingdisorders.org.uk

