

Resources for help and information on Eating Disorders

This is not an exhaustive list and is not a substitute for professional help but you may find the information useful in understanding your eating disorder and in finding support as you work on dealing with it. Relatives and carers may also find the information helpful.

Websites

Some of these supply information only but others have contact details and links with support groups.

<http://www.rcpsych.ac.uk/info/eatdis.htm> The Royal College of Psychiatrists' website has information leaflets on various eating disorders and links to other websites.

<http://www.prodigy.nhs.uk/clinicalguidance> An NHS linked site providing information on many disorders seen in Primary Care including eating disorders.

<http://www.edauk.com/> Eating Disorders Association is the main British charitable organisation providing independent information about eating disorders.

Address: 103 Prince of Wales Road, Norwich, NR1 1DW

Adult [over 18] helpline: 0845 634 1414 Youthline [up to 18]: 0845 634 7650

<http://www.anred.com/> ANRED is an American organisation providing information for health professionals, sufferers and carers.

<http://www.something-fishy.org> – a site compiled by an American woman who has recovered from anorexia and her husband. It is the most popular eating disorder site on the main search engines.

<http://www.mirror-mirror.org> - a site aimed at sufferers

<http://www.eatingresearch.com> – the website of the Eating Disorders Unit of the Institute of Psychiatry. There are sections for service users, carers and health care providers.

<http://www.oa.org/> Overeaters Anonymous is an international charity supporting people with obesity and compulsive eating disorders.

<http://www.anorexiabulimiare.co.uk/> - addressing eating disorders from a Christian perspective.

Address: PO Box 173, Letchworth, Herts, SG6 1XQ

Tel: 01462 423 351

Email: anorexiabulimiare@ntlworld.com

Books

Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers
(Treasure, 1997) Psychology Press

Anorexia Nervosa: The Wish to Change (Crisp et al,1996) Psychology Press

Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders (Schmidt & Treasure 1993) Psychology Press

Eating Disorders: A Parents' Guide (Bryant-Waugh & Lask 2004) Brunner-Routledge

Overcoming Binge Eating (Fairburn 1995) Guildford Press

Lives in the Balance: Learning from Personal Stories of Eating Disorders
(Lovell 2002) Eagle

Evelyn Sharpe

Consultant Psychiatrist InterHealth

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