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Eating Disorders Helplines and Support



[Beat Eating Disorders](#) - Charity that runs helplines and peer support along with many other resources.

[YoungMinds](#) - provides information about eating disorders and how you can support someone who is struggling. Also provide a 24/7 text service.

[Anorexia and Bulimia Care](#) - Helpline and useful bank of resources and online courses to educate yourself about anorexia and bulimia.

[Overeaters Anonymous](#) - provide meetings for those experiencing compulsive eating.