**Resource List for Managing Eating Difficulties Webinar**

**Support**

* Eating Difficulties Peer Support Group
  + <https://www.facebook.com/EDPSGexeter/>
* Positive Wellbeing Peer Support Group
  + <https://www.facebook.com/peersupportexeter/?fref=mentions&__tn__=K-R>
* Student Nightline via email
  + [**listening@exeter.nightline.ac.uk**](mailto:listening@exeter.nightline.ac.uk)
* B-eat
  + [studentline@beateatingdisorders.org.uk](mailto:studentline@beateatingdisorders.org.uk)
  + 0808 801 0811
* Online Programme to Overcoming Bulimia
  + [http://overcomingbulimia.com/](https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fovercomingbulimia.com%2F&data=02%7C01%7CA.Morgan3%40exeter.ac.uk%7Cb033a26e204e47ed1da008d7fb06808a%7C912a5d77fb984eeeaf321334d8f04a53%7C0%7C0%7C637253877648027730&sdata=UIq8pcJGgncn%2BpK9I7UiefSTSFf%2FbxPSnzr%2Bzrxd5YU%3D&reserved=0)
* Wellbeing Eating Difficulties Appointments
  + <https://www.exeter.ac.uk/wellbeing/contact/makeanappointment/#a3>
* GP
  + <https://www.beateatingdisorders.org.uk/recovery-information/going-to-the-doctor>
  + <https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/talking-to-your-gp/>

**Online Resources**

* Beat
  + <https://www.beateatingdisorders.org.uk/>
* CCI (Centre for Clinical Interventions)
  + <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating>
* University of Exeter Wellbeing Website
  + [https://www.exeter.ac.uk/wellbeing/support/eatingdifficulties/#a0](https://www.exeter.ac.uk/wellbeing/support/eatingdifficulties/)
* Silvercloud for Body Image
  + <https://www.exeter.ac.uk/wellbeing/support/self-helpandpeersupport/onlineselfhelp/silvercloud/>
* Mind
  + <https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/>
* Northumberland Tyne and Wear Self-Help Guide
  + <https://web.ntw.nhs.uk/selfhelp/leaflets/Eating%20Disorders.pdf>
* Acceptance and Commitment Therapy Online
  + <https://www.exeter.ac.uk/wellbeing/support/self-helpandpeersupport/onlineselfhelp/act/>

**Books:**

***Bulimia Nervosa & Binge Eating – A Guide to Recovery***

Author: Peter Cooper

(Robinson Publishing, 2003, ISBN 978-1854871718)

***Overcoming Anorexia Nervosa: A Self Help Guide***

Author: Christopher Freeman

(Robinson Press, 2002, ISBN 978-1854879691)

***Getting Better Bit(e)-by-Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders***

Authors: Ulrike Schmidt and Janet Treasure

(Routeledge, 1993, ISBN 978-0863773228)

**Parents, family members and friends:**

***Skills-based Caring for a Loved One with an Eating Disorder***

Authors: Janet Treasure, Grainne Smith and Anna Crane

(Routledge, 2017, ISBN 978-1-138-82663-2)

**e-books:**

[**http://www.exeter.ac.uk/wellbeing/support/self-helpandpeersupport/books**](http://www.exeter.ac.uk/wellbeing/support/self-helpandpeersupport/books)