

BOLSTER

Seeing signs of an eating disorder?
Stop it in its tracks with Bolster

Beat
Eating disorders

WE'RE BEAT, THE UK'S EATING DISORDER CHARITY.

Lots of people aren't getting the support they need right now – so we're plugging the gaps.

Our programmes are free, confidential, and remote. So you can access them without leaving your living room. While they aren't clinical services, they're here to **support you** while you wait for treatment.

ABOUT BOLSTER

We want to help you make sense of what you're feeling and silence the eating disorder before it gets too loud.

- We'll match you with a Beat advisor, who'll act as your sounding board
- You'll have weekly phone calls for three months
- Together, you'll set achievable goals and make helpful changes to stop the eating disorder in its tracks

SO, WHAT DO WE NEED FROM YOU?

- 40 minutes each week for 12 weeks
- Consent to keep your GP up to date if necessary
- Updates on how you're doing physically, including weight changes

WHY DO WE ASK ABOUT WEIGHT?

Scales can be distressing, but knowing your weight helps us keep you safe. We're here to make **Bolster** work for you, so if you have concerns, we'll address them before your first session.



SCAN ME FOR



MORE INFO

WHAT NEXT?

Head to helpfinder.beateatingdisorders.org.uk or scan the QR code to refer yourself to Bolster. Once you've done that, we'll be in touch.

England:

0808 801 0677

help@beateatingdisorders.org.uk

Northern Ireland:

0808 801 0434

NIhelp@beateatingdisorders.org.uk

Scotland:

0808 801 0432

Scotlandhelp@beateatingdisorders.org.uk

Wales:

0808 801 0433

Waleshelp@beateatingdisorders.org.uk

