

RESOURCE LIST

EATING DISORDERS
AWARENESS WEBINAR

Beat
Eating disorders

BEAT WEBSITE

Helpline Team:

<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/>

Types of eating disorders:

<https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/>

Services Helpfinder:

<https://helpfinder.beateatingdisorders.org.uk/>

Downloads and Resources:

<https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/downloads-resources/>

UNDERSTANDING EATING DISORDERS

Poverty and eating disorders:

<https://equip.health/articles/understanding-eds/socioeconomicstatus-and-eating-disorders>

Laura Hill - the eating disorder voice:

<https://www.youtube.com/watch?v=UEysOExcwrE&t=191s>

Brené Brown on Empathy vs Sympathy:

<https://www.youtube.com/watch?v=KZBTYViDPIQ&t=8s>

The "Superfeeler":

<https://static1.squarespace.com/static/533eb028e4b0ba34df9be688/t/5c4070bdc74c50276f057035/1547727037770/Superfeeler.pdf>

LIVED EXPERIENCE VOICES

What was it like to have Anorexia?

<https://vimeo.com/649106799/8ca49add6>

What was it like having Anorexia, Bulimia, and Binge Eating Disorder?

<https://vimeo.com/649149010/920bf99158>

What was the key to your recovery?

<https://vimeo.com/649161924/471c99abf1>

What is it like to have A.R.F.I.D. (Avoidant Restrictive Food Intake Disorder)?

<https://www.youtube.com/watch?v=CCQdEUf7IKE>

What is it like to have a food addiction?

<https://www.youtube.com/watch?v=OYXcRaUvBjE&t=250s>

