



Dear surgery,

I'm writing on behalf of Beat to share some exciting news.

As you may know, it's estimated that over 1.25 million people in the UK are living with an eating disorder right now. These devastating mental illnesses can affect anyone - of any age, size, gender or background - and yet they can easily go undetected.

We know the signs aren't always visible. They're not easy to pick up. So Beat, the UK's eating disorders charity, has created a brand new [learning package for GPs and primary care clinicians](#) - in collaboration with Health Education England, NHS England and NHS Improvement.

We also know resources are limited, so this package aims to arm your staff with the knowledge they need to spot the signs of an eating disorder. It's split into two sessions and runs just over an hour in total. It's also completely free.

With your help, this could be the turning point for someone experiencing the pain and suffering that comes with these life-threatening illnesses.

"It was my GP who encouraged me at every step. She told me time and time again that I didn't choose to have anorexia and that I was unwell. She helped me identify coping strategies for particularly difficult days. Above all, my GP gave me hope that I would get better and could get my life back. If it wasn't for her support, I'm not sure I would be here today." - Claire

We all want GP experiences to be like Claire's, and with this training, they could be. With your support, we'll give eating disorders the time they deserve - so we can save lives. Together.

Thank you for reading,

Visit our website to find the training at www.beateatingdisorders.org.uk/training-events/find-training/training-for-gps-and-primary-care-clinicians