

MOMENTUM

Take the first step to beating binge eating disorder with Momentum

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.

ABOUT YOU

Looking for support for binge eating? We've got you. You might have a formal diagnosis of binge eating disorder, or you might just know something's wrong. The urge to binge eat and the distress that causes isn't something you have to just live with. **Momentum** is here to help.

ABOUT MOMENTUM

We hope to help you develop the skills you need to beat binge eating. **Momentum** is a clinically recommended guided self-help programme. That means you'll go through a workbook in your own time, and we'll be in touch regularly to support you.

- We'll send you a copy of the guided self-help book *Overcoming Binge Eating*, and pair you with an advisor who'll support you at every step
- You'll work through the book over three months
- Your advisor will check in as you go through the programme, answering questions and helping you feel positive about the changes you're making

SO, WHAT DO WE NEED FROM YOU?

We'll call you for eight sessions in total while you're on the programme. They're each 20 – 25 minutes and they'll be spread out over 12 weeks. In between, we'll ask you to go through *Overcoming Binge Eating*. We'll send it to you for free, and chat with you more about how to use it in our first call.



SCAN ME FOR



MORE INFO

WHAT NEXT?

Head to helpfinder.beateatingdisorders.org.uk or scan the QR code to refer yourself to Momentum. 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



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