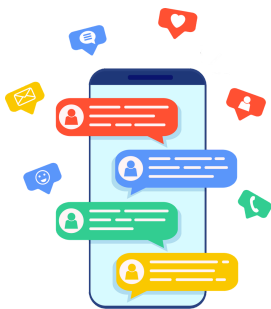


Online Support Groups - How to sign up (easy read)

This is an easy read guide to accessing our online support groups.

You can ask for help to read this guide. A friend, family member, or support person may be able to help you.



Our online support groups give you the opportunity to connect with others and get peers support from those who understand (no diagnosis is needed). Our groups use a virtual chat-room where you can anonymously join the conversation by typing or just by watching the chat—it's completely up to you!

You can find all of our groups on our web page which can be accessed by following this [link](#) or scanning this QR code:



What groups we operate and when are the groups?

We run five different groups based on different needs:



Anorexia Support Group (formerly Swan) – Mondays, 6:45pm-7:45pm



Eating Disorder Support Group (formerly Nest) – Tuesdays, 6:45pm-7:45pm



Bulimia Support Group (formerly Kingfisher – Wednesdays, 6:45pm-7:45pm








ARFID Support Group (formerly Hummingbird) – Thursdays, 6:45pm-7:45pm



Binge Eating Disorder Support Group (formerly Nightingale) – Fridays, 6:45pm-7:45pm

Once you've chosen a group depending on what eating disorder you align with the most, click the purple button for that group to join.


Our online support groups

<p>Eating Disorders Online Support Group (formerly Nest)</p> <p>21 July 2021</p> <p>A chat-based support group for anyone who has or thinks they may have an eating disorder</p> <p>Read more →</p> 	<p>Binge Eating Disorder Online Support Group (formerly Nightingale)</p> <p>28 July 2021</p> <p>A chat-based support group for anyone who has or thinks they may have binge eating disorder</p> <p>Read more →</p> 	<p>Anorexia Online Support Group (formerly Swan)</p> <p>21 July 2021</p> <p>A chat-based support group for anyone who has or thinks they may have anorexia</p> <p>Read more →</p> 
<p>ARFID Online Support Group (formerly Hummingbird)</p> <p>13 April 2023</p> <p>A chat-based support group for anyone who has or think they might have Avoidant/Restrictive Food Intake Disorder (ARFID)</p> <p>Read more →</p> 	<p>Bulimia Online Support Group (formerly Kingfisher)</p> <p>21 July 2021</p> <p>A chat-based support group for anyone who has or thinks they may have bulimia.</p> <p>Read more →</p> 	

After you click on the group you are interested in and have read the information on the page, click 'go to chat room'.

Access the Eating Disorders Online Support Group (formerly Nest)


[Go to chat room](#)



If this is your first time using an online group, click 'Sign up'. If you have logged in before, click 'Log in'

Login


Email

Password 

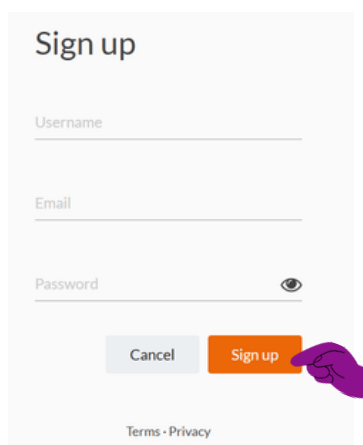
[Forgot password?](#)

[Sign up](#)

[Log in](#)

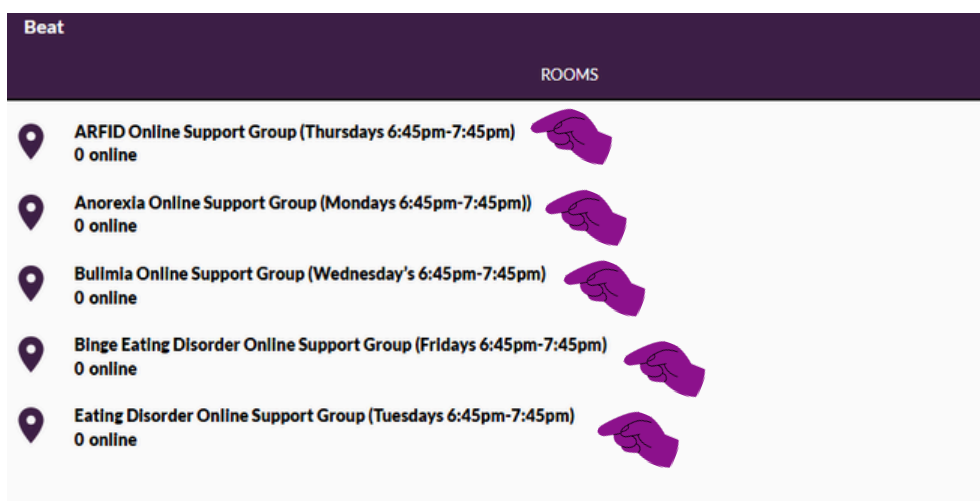


If you're signing up for the first time, you'll need to create a username, set a password, and enter your email address. Since our groups are designed to keep users anonymous, please choose a username that does not reveal your identity. For example, you might use a pet's name, your favourite colour or your favourite flower—but avoid food or drink names. Once you've completed the fields, click 'Sign Up' to continue.



The image shows a 'Sign up' form with three input fields: 'Username', 'Email', and 'Password'. The 'Password' field has an eye icon to toggle visibility. Below the fields are two buttons: 'Cancel' and 'Sign up'. A hand icon is pointing to the 'Sign up' button. At the bottom, there is a link for 'Terms · Privacy'.

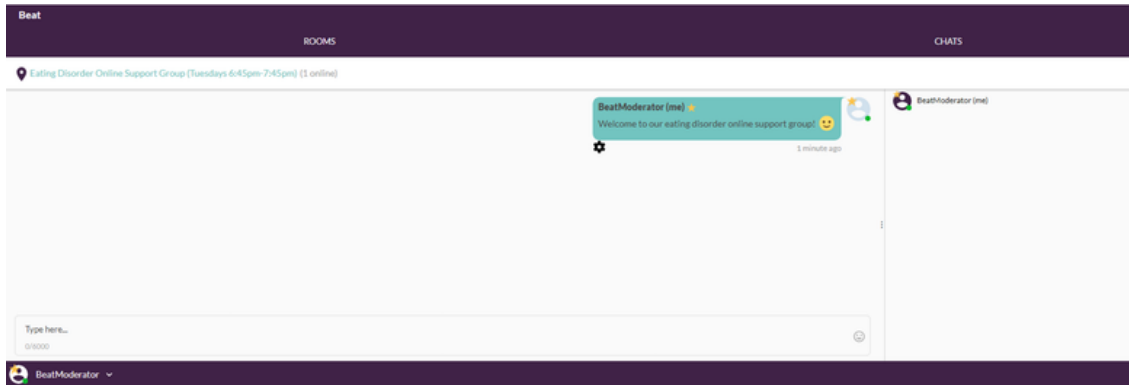
Once you have signed up, click the group that you are wanting to join.



The image shows a screenshot of the 'Beat' app interface. At the top, there is a dark purple header with the word 'Beat' on the left and 'ROOMS' on the right. Below the header is a list of five support groups, each with a location pin icon, the group name, the day and time, and the number of online members (all are '0 online'). A hand icon is pointing to each group name.

Group Name	Day and Time	Online Members
ARFID Online Support Group	Thursdays 6:45pm-7:45pm	0 online
Anorexia Online Support Group	Mondays 6:45pm-7:45pm	0 online
Bulimia Online Support Group	Wednesday's 6:45pm-7:45pm	0 online
Binge Eating Disorder Online Support Group	Fridays 6:45pm-7:45pm	0 online
Eating Disorder Online Support Group	Tuesdays 6:45pm-7:45pm	0 online

Then you will be in the room.



Before using the online support groups, please read our group guidelines to ensure the safety of everyone who joins. You can do so by [clicking to our website](#) or scanning the QR code:



If you need any further support, please [email us](#) or contact our [Helpline](#).

