

# RAISING RESILIENCE

Supporting someone with an eating disorder?  
Keep calm and care on with Raising Resilience

**Beat**  
Eating disorders

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

When someone has an eating disorder, the impact goes beyond just that person. But that person can get better, especially when they – and the people around them – have the right tools.

That's why we've developed services for carers: **to help those who help**. Our workshops are free, confidential, and remote, so you can fit them around your needs.

## ABOUT YOU

As a person caring for someone with an eating disorder, you're probably dealing with more than a few challenges. And you're not alone. **Raising Resilience** is for anyone aged 18+ and supporting a loved one with an eating disorder in a personal capacity. That could be parents, grandparents, siblings, friends, or partners.

- You can join one of our workshops if your loved one:
  - Is aged 10 or above
  - Is displaying signs of a possible eating disorder (formal diagnosis not required)
  - Has had their eating disorder for less than five years

## ABOUT RAISING RESILIENCE

The workshop focuses on helping carers understand the importance of caring for themselves, as well as their loved one. Topics covered include considering siblings and other family members, managing meal planning, and supporting stages of change in your loved one.

Delivered by an experienced eating disorder clinician, the workshop runs for 5 weeks, with a weekly two-and-a-half-hour session via Zoom.

Alongside other carers, you will learn:

- *Self-care techniques*
- *How to manage mealtime stress*
- *How to set boundaries*
- *How to support your loved one at each stage of recovery*
- *How to support change*



SCAN ME FOR



MORE INFO

## WHAT NEXT?

Head to [helpfinder.beateatingdisorders.org.uk](https://helpfinder.beateatingdisorders.org.uk) or scan the QR code to refer yourself to Raising Resilience. Once you've done that, we'll be in touch.

### England:

0808 801 0677

[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

### Northern Ireland:

0808 801 0434

[NIhelp@beateatingdisorders.org.uk](mailto:NIhelp@beateatingdisorders.org.uk)

### Scotland:

0808 801 0432

[Scotlandhelp@beateatingdisorders.org.uk](mailto:Scotlandhelp@beateatingdisorders.org.uk)

### Wales:

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