

# EATING DISORDERS AWARENESS WEEK

Monday 23 February - Sunday 1 March 2026



Resource pack

**Beat**  
Eating disorders

# WHAT IS EATING DISORDERS AWARENESS WEEK?

A very good question!

Eating Disorders Awareness Week is one of our biggest campaigns. Every year, we set the theme and ask our community to get involved. This year our theme is **COMMUNITY**.

Join us on:

Monday 23 February 2026 – Sunday 1 March 2026

[#EatingDisordersAwarenessWeek](https://www.instagram.com/beat_eating_disorders)



# WHY COMMUNITY?

Eating disorders can be isolating, making people feel alone whether someone has an eating disorder themselves or whether they are supporting someone.

We're celebrating the power of **community** and the vital role family, friends, and other support networks play in helping someone feel supported, understood, and never alone on their journey from seeking help, undergoing treatment and beyond.

We'll be talking about different types of community, the role of online communities and highlighting the importance of good wellbeing for everyone.

Join us in raising awareness — share your stories, show your support, and help us spread the message that you're not alone.

[#EatingDisordersAwarenessWeek](#)

# THE MESSAGE

Right now, at least 1.25 million people in the UK are living with an eating disorder, and millions more who support them feel the impact too. Eating disorders can be deeply isolating, but connecting with others who understand, or who share your interests and values, can be life-changing. And it doesn't matter whether your community is one person or many, even a single meaningful connection can bring hope, strength, and the reminder that you are not alone.

#YouAreNotAlone #BeatCommunity #EatingDisordersAwarenessWeek

#EatingDisordersAwarenessWeek

# HOW CAN I GET INVOLVED?

You should get involved to help spread the word about eating disorders and let people in your community know that you're here for them.

## BECOME EATING DISORDER AWARE

Learn more about eating disorders and how to reach out for help.

[Find out more](#)

## SUPPORT YOUR COMMUNITY

Learn how to spot eating disorder signs, and support loved ones and those around you to get the help that they need.

[Find out more](#)

# HELP SPREAD THE WORD

There is so much you can do to help us increase awareness of eating disorders within your community.

You can:

- Post about Eating Disorders Awareness Week as we kick off on 23 February – our assets on the [Information and Resources](#) page will help
- Share our video, content and website on social media or with friends, family and colleagues
- [Share your story](#) to help others affected by eating disorders
- Use our Hashtags [#EatingDisordersAwarenessWeek2026](#) [#EDAW2026](#) [#YouAreNotAlone](#) [#BeatCommunity](#)
- [Order our resources](#) to display in your school, workplace etc

# SOCIAL MEDIA ASSETS

Download our [multimedia assets](#) to share across all of your social accounts and let everyone know why you're supporting Eating Disorders Awareness Week.

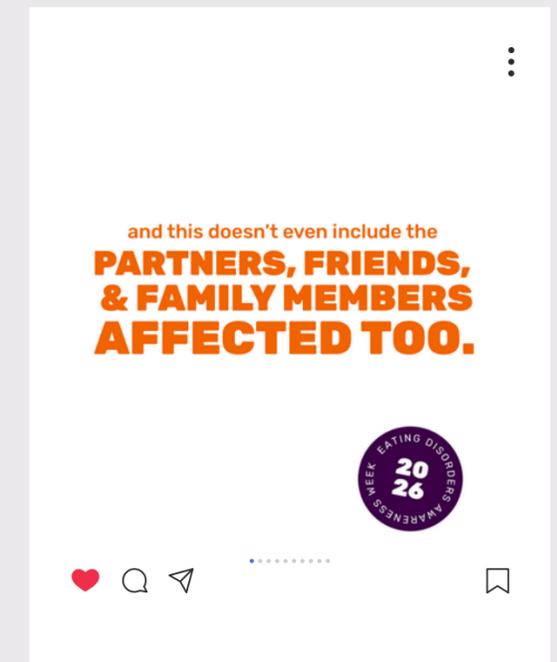
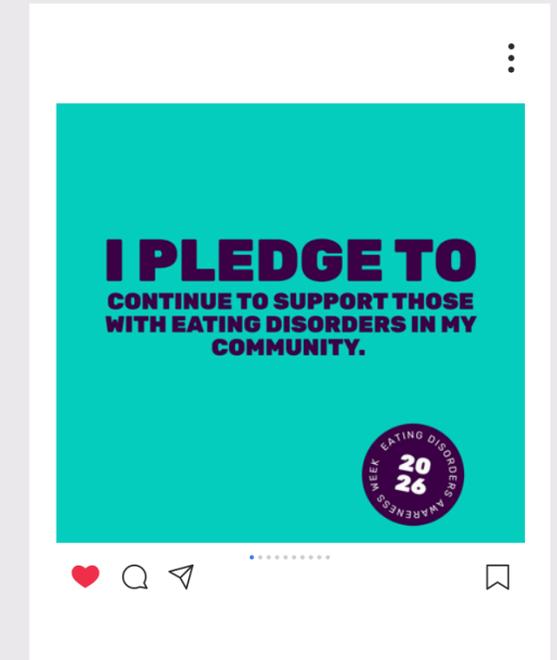
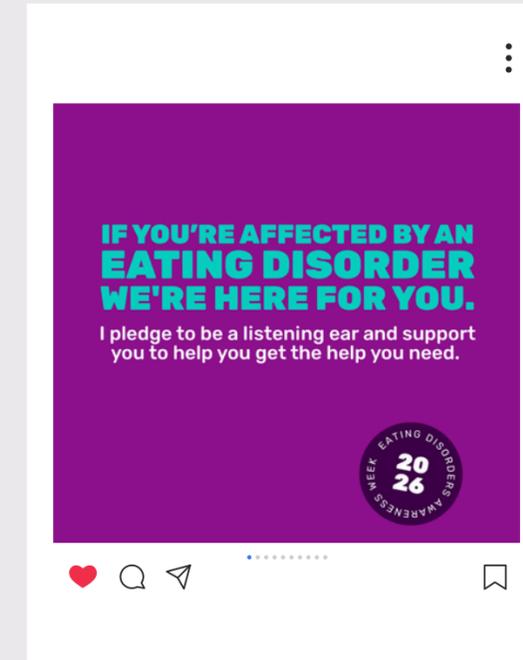
Suggested social post copy:

*Right now, at least 1.25 million people in the UK are living with an eating disorder - and this doesn't include the partners, friends and family members affected too. You are not alone.*

*If you're affected by an eating disorder, we're all here for you. I/we will be a listening ear and support you to help you get the help you need.*

*#YouAreNotAlone #BeatCommunity  
#EatingDisordersAwarenessWeek*

**#EatingDisordersAwarenessWeek**



# SUPPORT AVAILABLE

Our [Helpline](#) is here for you, whether you're someone who has or think they might have an eating disorder or if you're supporting someone with an eating disorder.

You can access our [website](#) 24/7, including our [downloadable resources](#).

Please share with your networks and online for people who may be in need of support.

# FIND US ONLINE

 [beateatingdisorders.org.uk](https://beateatingdisorders.org.uk)

 [@beatedsupport](https://www.instagram.com/beatedsupport)

 [@beat\\_uk](https://www.tiktok.com/@beat_uk)

 [/beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

 [/company/beated](https://www.linkedin.com/company/beated)

 [/user/beatingED](https://www.youtube.com/user/beatingED)

[#EatingDisordersAwarenessWeek](https://www.instagram.com/hashtag/EatingDisordersAwarenessWeek)

# THANK YOU

**Together, we can change the lives of those affected by eating disorders.**

Make sure to follow us on social media and sign up to our Newsletter to keep up to date with the campaign.

If you have any questions or would like any further support then please contact [comms@beateatingdisorders.org.uk](mailto:comms@beateatingdisorders.org.uk).

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