

Further information and support

If you think that you might have an eating disorder or are worried about your relationship with food, your body image, or your exercise habits, please speak to your GP. It's very important to access treatment as early as possible, as earlier intervention means a greater chance of fully recovering from your eating disorder.

Great organisations for more information:



Providing mental health support across Northern Ireland and specialist eating disorder support for individuals and carers in the Southern HSCT.

amh.org.uk



Supporting individuals and carers across the UK.

beateatingdisorders.org.uk



Supporting carers in NI.

foughted.org



Supporting Individuals and carers in NI.

linkscounselling.com



Supporting men and families in NI.

thelaurenctrust.co.uk

**If you are in crisis, please contact Lifeline on 0808 808 8000
or by Text phone on 18001 0808 808 8000.
Trained counsellors are available by phone 24/7.**

Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit amh.org.uk

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