**Eating Disorder Hotlines & Resources:**

**United Kingdom**

- [Mind Information:](https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/about-eating-problems/?o=6260#.WyzTxPZFxMs) Information and advice for eating problems. **Visit website**

-[B-eat:](https://www.beateatingdisorders.org.uk/)Beat provides helplines for adults and young people which offer support and information to sufferers and carers. Available 3pm-10pm.**Phone 0808 801 0677 for adults or 0808 801 0711 for youth**

- [Overeaters Anonymous Great Britain:](https://www.oagb.org.uk/) Meetings available throughout the UK. **Visit website**

- [Men get eating disorders too:](https://mengetedstoo.co.uk/) Supporting men with eating disorders. Information and support. **Visit website**

- [Anorexia and Bulimia Care:](http://www.anorexiabulimiacare.org.uk/) ABC is a national UK eating disorders organization with over 25 years experience. Ongoing care emotional support and practical guidance to anyone affected by eating disorders. **Phone 03000 11 12 13 and press option 2**

- [Help Finder](https://helpfinder.beateatingdisorders.org.uk/) - provides a treatment guide for Anorexia, Binge eating, bulimia, and OSFED as well as resources and the ability to locate local support. helpline 0808 801 0677  youthline 0808 801 0711 studentlife 0808 801 0811

- [National Center for Eating Disorders](https://eating-disorders.org.uk/): Information, lists of where to find help. **Visit website**

- [Anorexics and Bulimics Anonymous:](http://aba12steps.org/aba-meetings/meetings/) A fellowship of individuals whose primary purpose is to find and maintain recovery in eating prctices, and to help others gain recovery. **Visit website to find local meetings**