

If you're worried that you or someone you care about is showing any signs of an eating disorder there's support available

Anyone can have an eating disorder, regardless of their age, gender, ethnicity, or background. If you're worried that you or someone you care about is showing the signs of an eating disorder, the first step is to talk to them and encourage them to seek help. We know it can be difficult to raise the issue with them. Beat have a useful guide with some things you can do when talking to someone you're worried about tinyurl.com/2b9v9688 If you're worried that you're showing signs of an eating disorder the first step is to seek help.

Where to find more information and support

Beat are the UK's eating disorder charity and they have a wide range of resources and support available

- [Types of eating disorder](#)
- [How to tell someone you have an eating disorder](#)
- [Leaflet to take along to your GP appointment](#)
- [Supporting someone with an eating disorder](#)
- [Worried about a friend or family member](#)

Beat also provide online and telephone support www.beateatingdisorders.org.uk



Help for adults

Helpline:
0808 801 0677

Email: help@beateatingdisorders.org.uk

Adult (18+) Community Eating Disorder Services in Greater Manchester

If you're worried that you or someone you care about is showing any signs of an eating disorder, there's support available. In Greater Manchester we have three eating disorder services.

Service name	Areas the service covers	Who provides the service	How to access the service
<p>The Willows Eating Disorder Service</p> <p>www.gmmh.nhs.uk/eating-disorder-service</p>	Salford, Wigan, Heywood, Middleton & Rochdale, Bury, Oldham, Tameside & Glossop	Greater Manchester Mental Health NHS Foundation Trust	To refer yourself to this service, please contact your GP. Referrals are accepted from GPs and other health professionals
<p>Stockport NHS Adults Community Eating Disorder Service</p> <p>www.oakwoodhouse.co.uk/stockport-nhs-eating-disorders-service</p>	Stockport	Oakwood Psychology Services	This service accepts referrals from: General Practitioners; Community Mental Health Teams; Healthy Minds; Healthy Young Minds; Self-help Services; Midwives and Health Visitors; Tertiary care providers
<p>Warrington, Halton and Trafford Eating Disorder Service</p> <p>www.creatinghopetogether.com/index.asp</p>	Bolton, Trafford	Cheshire and Wirral Partnership NHS Foundation Trust	To refer yourself to this service, please contact your GP. Referrals are accepted from GPs and other health professionals
<p>Manchester Eating Disorder Service</p> <p>www.gmmh.nhs.uk/eating-disorder-service</p>	Manchester	Greater Manchester Mental Health NHS Trust	To refer yourself to this service, please contact your GP. Referrals are accepted from GPs and other health professionals