

Websites

BEAT-

National eating disorder charity who offer confidential helpline, webchat and forums. Also have good resources for relatives to try to improve their understanding of situation

<https://www.beateatingdisorders.org.uk/>

Mind

Mind website has some good information on different types of eating disorders and offers advice on coping strategies.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/types-of-eating-disorders/#.XKcyqE18CUl>

NIWE-

Local service for patient's in north east with eating distress

Offer one to one appointments for advice and support

Have counselling services

Workshops and group therapy

Tel: 0191 221 0233

Email: enquiries@niwe.org.uk **Web:**

<http://www.niwe.org.uk/>

Eating Distress North East

This service provides lots of online help, counselling and also informs of peer support groups.

01912210233

edne.org.uk

enquiries@edne.org.uk

Anxiety

The **Anxious Minds** website has many useful resources for self-help and CBT; including the Living Life to the Full Program

<http://www.anxiousminds.co.uk/info-centre/online-cbt-tools/>

The **Mood Juice and Mood Gym** websites are designed to help you think about emotional problems and work towards solving them in a structured way using CBT. There is a small cost for this service.

<http://www.moodjuice.scot.nhs.uk/>

<https://moodgym.anu.edu.au/welcome>

Mindfulness/meditation apps for phones

Some are free, some cost of up to £1.50 – we can't officially endorse these, but they may be worth looking at:

Headspace

Take a break

Sleep easily with Shazzie

Digipill

7 second meditation

Mental health self-help guides

Available from the reception area, these self help guides have been written by consultant clinical psychologists and cover Eating Disorders

The Northumberland, Tyne and Wear NHS Trust has produced an app called **Self Help**

Search for "self help Northumberland" on the iTunes or Google Play app store. **Or** <https://www.ntw.nhs.uk/resource-library/>

Talking Therapies

This service uses cognitive behavioral therapy (CBT) to help with many common mental health issues such as Anxiety and Depression/low mood

For more info and local wellbeing groups visit:

<https://www.northumbria.nhs.uk/our-services/mental-health-services/north-tyneside-talking-therapies>

self-refer : 0191 295 2775