

Worried?

Alone?

Scared?

Confused?

Recovery from an Eating Disorder can be a roller coaster of emotions.

Talking to others on the ride can help.

Recovery Club

(for under 18s)

A space for **you** to talk online

Coming up in December

Coping with Christmas chats with expert speakers

Find out more & sign up today

www.b-eat.co.uk/get-help/get-support/online-services/

