

Body Image Resources and Supports

BEAT: exist to end the pain and suffering caused by eating disorders. They are a champion, guide and friend to anyone affected, giving individuals experiencing an eating disorder and their loved ones. <https://www.beateatingdisorders.org.uk/>

The Dove Self Esteem Project: offers a range of resources to promote positive body confidence and self-esteem: <https://www.dove.com/uk/dove-self-esteem-project.html#>

Heads Up: provides advice, and information, on mental health conditions including eating disorders - about how you can support yourself or the people you care for, the services available for you and the range of interventions you may participate in [Heads Up - Mental Health Support - NHSGGC](#)

NHS Inform: provides information on a range of illnesses and conditions and helps people make informed choices about their health and wellbeing www.nhsinform.scot

Tommy's: offers information and resources to support eating disorders in pregnancy [Eating disorders in pregnancy | Tommy's](#)

Helplines

BEAT: helplines are open 365 days a year from 9am – midnight during the week, and 4pm-midnight on weekends and bank holidays. Call **0808 801 0432**.

Breathing Space: 0800 83 85 87. A free confidential phone and web based service for people experiencing low mood, depression or anxiety. 16+. Mon-Thurs 6pm – 2am and weekends Friday 6pm to Monday 6am.

Childline: free helpline **0800 1111** available 24 hours a day, 7 days a week. Talk to a counsellor or have a 1 to 1 counsellor chat online.

NHS Living Life: 0800 328 9655: A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Mon-Fri 1pm -9pm

Pandas Foundation: Free helpline, **0808 1961 776** open 11am-10pm every day, to parents and their networks who need support with Perinatal Mental Illness

Samaritans: call **116 123**. A free and confidential support to anyone, any age. Open 24 hrs, 7 days a week