

## **Body Image Resources and Supports**

### **Websites and Apps**

**BEAT:** exists 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#>

**Young Minds:** Provides information on body image, what it is, what you can do if you are struggling with body image and how you can support someone struggling with body image [Body image | Mental health support | YoungMinds](#)

**[App] Worth Warrior:** a free app that has been created to help young people manage negative body image, low self-worth, and eating difficulties. It is recommended for ages 12 and above. [Home - Worth Warrior App \(stem4.org.uk\)](https://stem4.org.uk/home/worth-warrior-app)

### **Helplines**

**BEAT:** Call **0808 801 0432** or email [scotlandhelp@beateatingdisorders.org.uk](mailto:scotlandhelp@beateatingdisorders.org.uk)  
Helpline open 365 days a year 9am-midnight Mon-Fri, 4pm-midnight at weekends and bank holidays. Webchat and online peer support groups are also available <https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/>

**Breathing Space:** Call **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 24 Mental Health Hub:** Telephone and advice support can be obtained from NHS24 by phone **111**; the Mental Health Hub is open 24/7.

**PAPYRUS HOPELINE UK:** Free helpline for anyone under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0800 068 41 41** or Text: 88247. Open 24 hours a day, every day.

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

**SHOUT:** A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text SHOUT to **85258**.