

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#>

NHS Inform: provides information on eating disorders, types, symptoms, warning signs and treatment. [Eating disorders | NHS inform](#)

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 \(stem4.org.uk\)](#)

Helplines

BEAT: Call **0808 801 0432** or email 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.

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

Self-Harm Network Scotland: An online portal is to provide information and support for people who are living with self-harm aged 12+. Immediate support available via webchat and recovery-focused tools, enabling people to support themselves and others.. [Home - Self-Harm Network Scotland Penumbra](#)

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