

# **HARNESSING HOPE**

Supporting someone with an enduring eating disorder?  
Keep calm and care on with Harnessing Hope

**Beat**  
Eating disorders

# WE'RE BEAT, THE UK'S EATING DISORDER CHARITY.

When someone has an eating disorder, the impact goes beyond just that person. But that person can get better, especially when they – and the people around them – have the right tools.

That's why we've developed services for carers: **to help those who help**. Our programmes are free, confidential, and remote, so you can fit them around your needs.

# ABOUT YOU

As a person caring for someone with an enduring eating disorder\* (one that has been consistently present for 5 years or more), you're probably dealing with more than a few challenges. And you're not alone. Often the same issues come up for everyone. You might find it helpful to learn more about those challenges – and how to tackle them. In that case, **Harnessing Hope** could be for you.

## ABOUT HARNESSING HOPE

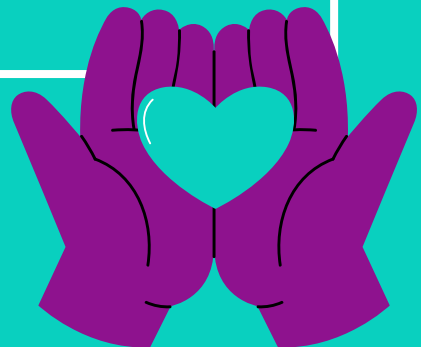
This workshop series takes on the common challenges carers face one by one, and provide tools and skills to support their loved one's recovery.

- We'll host five workshops over Zoom, run by clinicians who really know their stuff
- Along with others who are in the same boat, you'll learn about things like the impact of starvation, accommodating & enabling behaviours, and coping with setbacks

### SO, WHAT DO WE NEED FROM YOU?

You'll just need to be able to join us for one two-and-a-half-hour session per week, for five weeks.

*\* These workshops are not suitable for those caring for someone with ARFID. Please note a carer's loved one must be 18 years or older.*



# WHAT NEXT?

Want to try Harnessing Hope? Head to **[beateatingdisorders.org.uk/harnessing-hope](https://beateatingdisorders.org.uk/harnessing-hope)** to find more information and refer yourself to the programme. Once you've done that, we'll be in touch.

Want to know more? Send your questions to **[training@beateatingdisorders.org.uk](mailto:training@beateatingdisorders.org.uk)**.

Need something a bit different? We've got tons of support programmes – all remote, all free.

Visit **[beateatingdisorders.org.uk/support/](https://beateatingdisorders.org.uk/support/)** or call our Helpline to find out what else we offer.

## England:

0808 801 0677

[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

## Northern Ireland:

0808 801 0434

[NIhelp@beateatingdisorders.org.uk](mailto:NIhelp@beateatingdisorders.org.uk)

## Scotland:

0808 801 0432

[Scotlandhelp@beateatingdisorders.org.uk](mailto:Scotlandhelp@beateatingdisorders.org.uk)

## Wales:

0808 801 0433

[Waleshelp@beateatingdisorders.org.uk](mailto:Waleshelp@beateatingdisorders.org.uk)

