

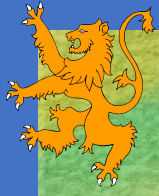
Self-Help Guides: Eating Problems



[Click here](#) for information to learn and understand eating problems on the Mind Website



[Click here](#) for help and advice for treating an eating disorder.



Self-Help Guides: Eating Problems



[Click here](#) to visit the Anorexia and bulimia care website. They offer support if you are suffering or if you know someone who is suffering and want advice on how to help.

Their helpline is 03000 11 12 13
Option 1: Support Line Option 2: Family and friends