

beat

Reg Charity No. 801343

103 Prince of Wales Road
Norwich
NR1 1DW
United Kingdom

Tel: 0870 7703 256

email helpline: help@b-eat.co.uk

Useful Telephone Numbers

Eating Disorder Association
0845 634 1414

Chrysalis
Eating Disorder Team
01932 722681

Woking Community
Mental Health Team
-Bridgewell House-
01483 756318

CornerHouse
01483 757461

Open Door Counselling Service
01483 224752

Woking MIND
01483 757461

Depression Support Group
01483 756650

Rape/Sexual Abuse Support Centre
01483 810099

This leaflet was produced with
support from **CornerHouse**

Thank you!

Eating Disorder Support Groups

- Woking -

Tel: 01483 757461

info@beatwoking.org.uk
www.beatwoking.org.uk

part of the
beatTM
network

beating eating disorders

beat is the leading organisation providing information, support and help across the United Kingdom for people affected by eating disorders.

The key aims of **beat** are:

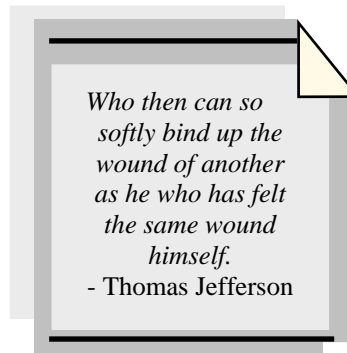
- To provide information, help and support for all people with an eating disorder.
- Increase knowledge, awareness and understanding of eating disorders.
- To improve availability of treatment for people with eating disorders and improve standards of care.

beat runs a network of self-help groups throughout the UK. These groups provide a forum where people can meet to share experiences and coping strategies with others in similar situations.

Meetings are not the same as therapy, but many people find that they gain much from the support and understanding offered in these meetings.

If you are interested in coming to one of the meetings, or you would like further details then please call:

01483 757461



The Groups aim to provide...

- ✓ Support to those experiencing an eating disorder and a opportunity to share personal experiences and coping strategies with others.
- ✓ Information and education on the effects of eating disorders to the group, professionals and the general public.
- ✓ A chance to share information, experiences and perceptions.

beat-woking
CornerHouse
2 Courtenay Road
Woking • Surrey
GU21 5HQ

Tel: 01483 757461
info@beatwoking.org.uk
www.beatwoking.org.uk

Respect is shown to members who are unwilling or unable to talk, and nobody is forced to 'join in'.

The group is free, confidential and open to anyone coping with an eating disorder.

It can be difficult to go to a group if you are feeling anxious or low, but anyone is welcome to bring a friend or relative with them.

Self help group

The self help group meets every 1st and 3rd Thursday of the month from 7.30-9:00pm at CornerHouse, 2 Courtenay Road.

Carers' group

The Carers' group meet every 4th Thursday of the month from 7.30-9:00pm at CornerHouse, 2 Courtenay Road.

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