

# Services in Scotland 2024/25

Beat's [Helpline](#) is open 3pm – 8pm Monday to Friday.

Sufferers or carers can call **0808 801 0432** or access webchat or email support via the website.

There is also a range of daily or weekly [peer support chat rooms](#) and support is available with overturning bad decisions.

## **Self-help for adults with Binge Eating Disorder**

[Momentum](#) An 8 week telephone programme based on a book by Dr Christopher Fairbairn.

## **Training and events for professionals**

Beyond the Symptoms is a one day course on working with eating disorders. Dates TBC. See [Beat's website](#) for details of other professional workshops and events.

## **Skills based coaching and support for carers**

[Nexus](#) Coaching support for carers of someone of any age who has had an eating disorder for up to 5 years.

[Anchor](#) A 12 week telephone support programme for carers of a young person (5-17) with ARFID behaviours

[Endeavour](#) Online support group for carers of young people aged 5-15 with ARFID.

## **How to refer**

All programmes are open to clinical and self-referrals. Clinicians can refer using the [online form](#). Self-referrals to support programmes can be made [here](#). Carer workshops are accessed via POD.

**Queries or contact** Alex Jones, National Lead for Scotland. [a.jones@beateatingdisorders.org.uk](mailto:a.jones@beateatingdisorders.org.uk)

## **POD and carer workshops**

[POD](#) (Peer Support and Online Development) is Beat's support hub for carers.

Beat's carer workshops (based on the New Maudesley Method) are video based courses consisting of 5 2½ hour sessions. [Developing Dolphins](#) and [Raising Resilience](#) are for any carer while [Harnessing Hope](#) is for those supporting someone with an enduring (>5 years) eating disorder.

Workshop participants also get a chance to attend **Coping with Celebrations**, a short course that runs in the build-up to Christmas.