

Caring for a child with an eating disorder?



Get support from a parent who's walked this path before.

Try Echo peer coaching, a free telephone service from Beat, the UK's eating disorder charity.



What is Echo?

Caring for someone with an eating disorder can be difficult and lonely. It can be hard to find someone who understands what you're going through, and you might be worried about how to give the best care to your loved one. Throughout their illness, it's essential that you take care of your own wellbeing, too.

Through Echo peer coaching, you'll be able to speak to someone who's been there. Echo coaches have their own experience of caring for a loved one and coming out the other side. Through weekly 30-minute phone conversations, they'll give you a space where you feel understood, while empowering you to make the most positive impact possible on your loved one's recovery.

It is my lifeline... my Echo coach is the only person who has an understanding in this horrifically difficult situation.

– Parent



What can I expect from Echo?

Peer coaching is about trust, support, and mutual learning. The intention isn't for the coach to give advice, but to listen, provide a sounding board, and encourage the person they're supporting to decide on solutions themselves.

If you join the Echo peer support service, you'll have a 30-minute conversation each week for six months with a trained peer coach. Beat will match you with a person with similar experiences to ensure that you're able to talk to someone who understands what you're going through.

Echo is:

- Completely free.
- Telephone-based to make it simpler to fit around other commitments.
- Safe and confidential – we'll connect your call so that you don't have to share your contact details with your coach.

I knew I didn't have the answers to all my carer's problems, but I hoped that in some small way I made a difference just by being there and listening.

– Echo coach

How can I get involved with Echo?

- Go to beateatingdisorders.org.uk/echo to sign up. You can also email echo@beateatingdisorders.org.uk or call 0808 801 0544 for more information..
- Beat will provide you with a skills book to support you during the coaching programme.
- We'll match you with a suitable peer coach based on your preferences and experience.
- We'll connect you and your coach anonymously each week, meaning you won't need to share any personal contact details with your coach.

Other support

Helpline: 0808 801 0677 | help@beateatingdisorders.org.uk

Youthline: 0808 801 0711 | fyp@beateatingdisorders.org.uk

Studentline: 0808 801 0811 | studentline@beateatingdisorders.org.uk

Monday – Friday: 12pm – 8pm

Weekends and bank holidays: 4pm – 8pm

 [@beatEDSupport](https://twitter.com/beatEDSupport)  [BeatEDSupport](https://www.instagram.com/BeatEDSupport)

Visit beateatingdisorders.org.uk for message boards, online support groups, one-to-one chat and more information about eating disorders and recovery.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.