

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.

Through Echo peer coaching, you'll be able to speak to a parent who's been there. Echo coaches have supported their child into recovery from an eating disorder. 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 child's recovery.

Beat in partnership with NHS Lothian
– funded by Scottish Government.



Go to beateatingdisorders.org.uk/echo to find out more, or call 0808 801 0544.



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