

## Eating Disorder Resources for Families

### **Books**

Brown, Harriet. (2011) *Brave Girl Eating: A Families Struggle with Anorexia*. Harper Paperbacks

Lock, J.; & Le Grange, D. (2004) *Help Your Teenager Beat an Eating Disorder*. Guilford press, paperback

Musby, Eva. *Anorexia and other eating disorders: how to help your child eat well and be well*. (2014). APRICA.

Treasure, Janet. (1997). *Anorexia Nervosa: a survival guide for families, friends and sufferers*. Routledge.

Treasure, J.; Smith, G.; Crane, A. *Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method*. Routledge, Paperback

### **Other resources:**

[www.b-eat.co.uk](http://www.b-eat.co.uk)- leading UK charity for people with eating disorders, information for young people, latest news, training and information

[www.feast-ed.org/?page=LearningCenter](http://www.feast-ed.org/?page=LearningCenter)- website providing facts and information for parents of a young person with an eating disorder.

[www.aroundthedinnertable.org](http://www.aroundthedinnertable.org) -F.E.A.S.T. Forum for parents of a young person with an eating disorder: Around the Dinner Table

[www.evamusby.co.uk](http://www.evamusby.co.uk)- Carers website - good source of information and youtube clips

[www.sedig.org](http://www.sedig.org) - Scottish Eating Disorders Interest Group – newsletters and upcoming eating disorder events in Scotland

Edinburgh Carers council –advocacy resource for parents and carers. For more information email : [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk)