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THE PERFORMERS COACH

Recovery Resources

If you'd like to read up more on eating disorder recovery, I thought I'd share some great websites, teachers and charities who work within the field. I don't take this subject lightly so the people I have shared below are truly brilliant at what they do.

National Centre for Eating Disorders - www.eating-disorders.org.uk

These are the people who trained me. I trust them implicitly. They have so many brilliant counsellors, experts and resources on their website.

Beat - www.beateatingdisorders.org.uk

UK eating disorder charity. Their website is full of information and links to get support.

Seed - www.seed.charity

A charity run by people with lived experience of an eating disorder. Their website is full of information, ways to raise money and support them and links for help and guidance.

Laura Phelan - @phelanwell on social media. I know Laura has done brilliant work for eating disorder recovery and that she holds wonderful workshops and courses that may be worth checking out.

There are so many incredible practitioners out there so I can't list them all. However, if we work together on your recovery journey there may be a collaboration if I feel you need more support in a certain area from a specialist.