

Support Services & Resources



Website: www.bodywhys.ie



National Helpline: 01 210 7906



Email Service: alex@bodywhys.ie

QUICK LINKS



Active Waiting



Body Image



Understanding EDs



Supporting Someone



Treatment



Services Directory



Family Guide



Podcasts



College & EDs

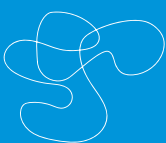
VIDEOS



All Support Videos



Understanding EDs



The ED Voice



Red & Blue Balloon

NATIONAL HELPLINE

A non-judgemental and confidential support and information service for anyone affected by eating disorders.

Contact Number: 01 210 7906

Operates: Monday, Wednesday, and Sunday evening from 7.30-9.30pm, and Tuesday, Friday and Saturday morning from 10.30am-12.30pm.

ALEX EMAIL SERVICE

A non-judgemental and confidential support and information service for anyone affected by eating disorders, via email.

Contact Email: alex@bodywhys.ie

Operates: Everyday.

YOUTH CONNECT (13-18)

A free, online support group currently offered to people aged between 13 and 18 with eating disorders, via a chat box function on our website.

Register: <https://youthconnect1.bodywhys.ie/register/>

Operates: Sunday evenings from 7.30-9pm.

BODYWHYS CONNECT (19+)

A free, online support group currently offered to people with eating disorders aged 19 years and over, via a chat box function on our website.

Register: <https://connect1.bodywhys.ie/register>

Operates: Alternating Monday and Wednesday evenings from 7.30-9pm.

MEN'S SUPPORTGROUP (19+)

An online support group which provides understanding, support and information to those who identify as male.

Register: <https://connect1.bodywhys.ie/register>

Operates: One meeting per month, on Monday evenings from 7.30-9pm.

STUDENT SUPPORT GROUP (19+)

An online group for students to receive mutual support and share personal experiences that may be unique to third level and university/college life.

Register: <https://connect1.bodywhys.ie/register>

Operates: One meeting per month, on Monday evenings from 7.30-9pm.

VIRTUAL SUPPORT GROUP (18+)

A free, video call based online support group for people with eating disorders aged 18 years and over to gain mutual peer support.

Register: <https://www.bodywhys.ie/recovery-support-treatment/virtual-support-groups/>

Operates: Twice monthly on Wednesday evenings, from 7.30-9.20pm.

HSE SELF CARE APP

The HSE National Clinical Programme for Eating Disorders App.

Download: <https://ncped.selfcareapp.mobi>.

SEEMYSELF PROGRAMME

An online psycho-education programme designed for young people aged 15-24. Participants work through a series of the six modules week-by-week.

Register: Contact Terri, servicesofficer@bodywhys.ie or Kathy, supportmanager@bodywhys.ie

Operates: Varies.

More Information: <https://www.bodywhys.ie/recovery-support-treatment/other-resources/seemyself-programme/>

PILAR PROGRAMME

A free, four week (delivered once a week, over 2 hours) structured programme, incorporating both psycho-education and support, as well as practical advice and skills to help you support your family member towards recovery.

Register: Fill out the booking form at <https://www.bodywhys.ie/supporting-someone/pilar-programme-for-families/>

Content:

Week 1: Understanding Eating Disorders

Week 2: The Perspective of a person with an ED,
Reframing & Communication

Week 3: Communication, Meals & Routines

Week 4: Triggers, Family Occasions, Treatment & Recovery

POST-PILAR SUPPORT GROUP

An online support group for those who have attended a previous PiLaR Programme. The group is a safe and supportive space in which carers can bring a question or talk through a current issue with other carers.

Register: Email Christopher, pilar@bodywhys.ie

Operates: Bi-monthly on Wednesday mornings, 10.30am-12pm

NEW MAUDSLEY CARER SKILLS WORKSHOPS

Focused on the practical application of skills, building on the knowledge and insight carers have gained by previously attending the PiLaR programme.

Register: Email Christopher, pilar@bodywhys.ie

More information: <https://www.bodywhys.ie/supporting-someone/new-maudsley-training-skills-based-caring-in-eating-disorders/>

MAUDSLEY REGULARS GROUP

An online support group for those who have completed a full Maudsley Workshop Series, to continue practicing and learning new skills.

Register: Email Christopher, pilar@bodywhys.ie

Operates: First Tuesday evening of every month, from 7-9pm online via zoom.

NEW MAUDSLEY CARER SKILLS PODCAST SERIES

A podcast series featuring our Training & Development Manager, Harriet Parsons, and author of the Manual '*Caring for a loved one with an Eating Disorder: the New Maudsley Skills-Based Training Manual*,' Jenny Langley.

Access: <https://www.bodywhys.ie/resources/bodywhys-podcast-2022-new-maudsley-carer-skills-podcast-episode-1/> & other streaming platforms.