

PEER SUPPORT AND ONLINE DEVELOPMENT (POD)

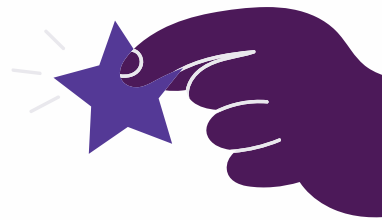
Caring for someone with an eating disorder?
Learn, support and engage with POD

Beat
Eating disorders

WE'RE BEAT, THE UK'S EATING DISORDER CHARITY.

We know when someone has disordered eating, **the impact goes beyond just that person.** But there is hope.

That's why we've developed **POD** for carers: to **help those who help.**



WHO'S IT FOR

If you're supporting someone who is displaying eating disorder behaviours, it can leave you feeling lost. But you play such a key role in their recovery. And we're here to help you understand that role better with **POD**.

ABOUT POD

POD is an e-learning platform and community for anyone caring for a loved one with an eating disorder. It provides you with online modules, resources and spaces to talk with peers to help you better support them.

We know that parents and carers are often pressed for time, so we've made **POD** as accessible as possible with:

- A range of e-learning modules that you can complete at a time convenient to you
- Downloadable resources written by experts
- Moderated peer-support forum where you can discuss what you're learning, and share information, resources and ideas with others experiencing the same
- Drop-in spaces where you can ask questions to clinicians and those with lived experience
- Access to carer skills workshops such as Developing Dolphins, Raising Resilience, Harnessing Hope and Coping with Celebrations

SCAN ME FOR



MORE INFO

WHAT NEXT?

Head to beateatingdisorders.org.uk/POD to learn more about POD or scan the QR code to sign up.

England:

0808 801 0677

help@beateatingdisorders.org.uk

Northern Ireland:

0808 801 0434

NIhelp@beateatingdisorders.org.uk

Scotland:

0808 801 0432

Scotlandhelp@beateatingdisorders.org.uk

Wales:

0808 801 0433

Waleshelp@beateatingdisorders.org.uk

