



BEAT IN SCOTLAND 2025/26

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WHAT BEAT CAN OFFER

Helpline – calls, webchat, email, peer support, social media

Guided self-help for Binge Eating Disorder

Carer support programmes

Skills-based coaching

Peer support groups

New Maudesley workshops

WHAT BEAT CAN OFFER 2

Online resources and e-learning for families/carers

Updated carer pack

Training for professionals – healthcare, schools, universities

Online resources and e-learning for schools

Online conferences

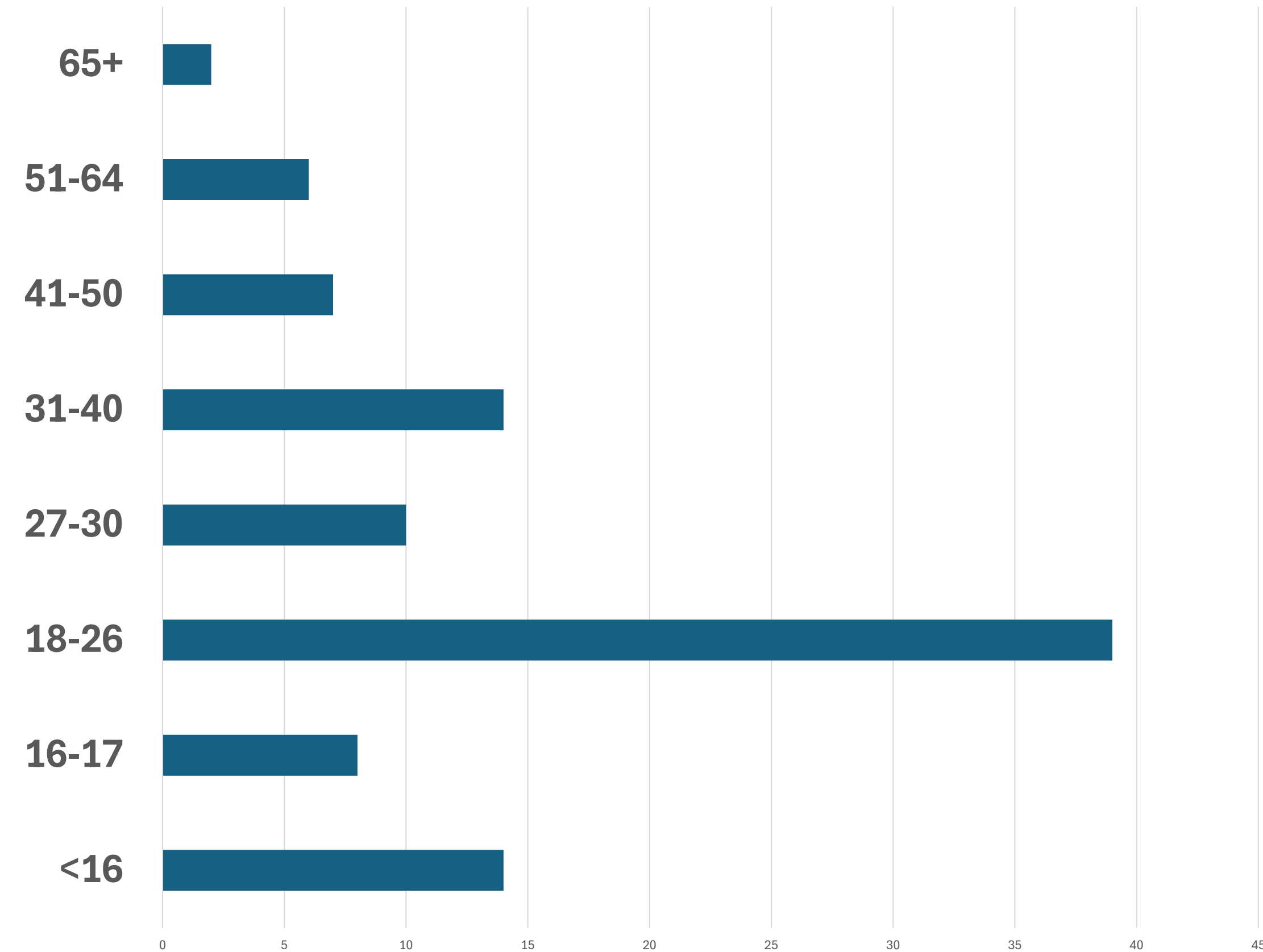
e.g. Implementation and challenges

ADHD and eating disorders

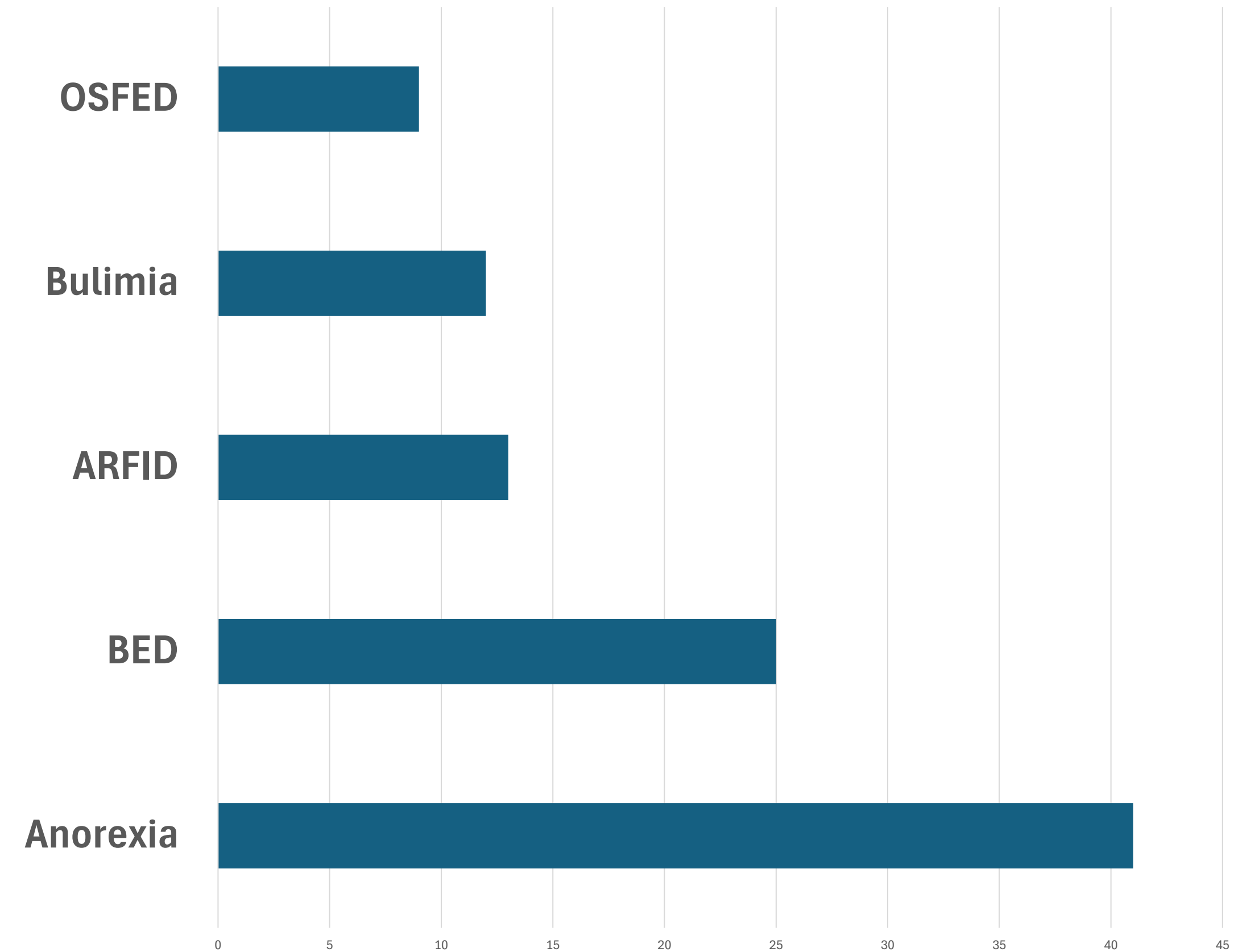
Men and eating disorders

UK Helpline contacts April 25

Age



Eating disorder type



Helpline themes – Scotland 24/25

Theme	%
Finding out about ED support	35
Struggling with ED thoughts and behaviours	27
Early worries/Is this an eating disorder?	18
Managing a longer term eating disorder	6
Wider health struggles	4
In crisis	3
Other	7

HELPLINE TRENDS

- Increasing complexity and comorbidities – autism, ADHD, anxiety, depression, substance misuse
- GP barriers to treatment
- GLP-1s (30% of these contacts involve anorexia)
- Relapse and setbacks
- ChatGPT as a source of support
- Impact of disordered eating on physical health
- Concern for adult children, including around sectioning

LIVED EXPERIENCE PANEL

- Patient/carer version of National Specification
- Information resources for NHS Inform and NHS 24
- Scoping on self-help tools
- Support for Health Boards on coproduction

POLITICAL ASKS IN SCOTLAND

1. Long-term implementation of the National Review and National Specification
2. Protection from mandatory calorie labelling
3. Increased funding and visibility for eating disorder research
4. Equal access to intensive community and day treatments
5. A review of mental health funding with at least 10% of the health budget for mental health and 1% for CAMHS

RESOURCES/KEEP IN TOUCH

[Services in Scotland](#)

[Beyond the Symptoms training](#)

[Sign up for training updates](#)

[Family and carer pack](#)

[Carers' learning platform](#)

[General supporter updates](#)

[There's No Place Like Home](#)

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Beat

Eating disorders

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