



BHEDs Peer to Peer

Brighton and Hove
Eating Disorders
Peer Support Service



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Groups for adult men, women and trans* people directly affected by eating disorders living in Brighton & Hove.

The Peer Support Service offers free and confidential meetings for adults eighteen and over who are affected by eating disorders in men, women and carers.

The main purpose for the groups is to provide those who attend a space to meet with other sufferers and carers to share their experiences and coping strategies. Our group aim is to ease isolation by offering inclusion to those who attend.

Please contact via email before attending the group at least a week beforehand. For general enquiries please contact Sam Thomas by calling **07870 106527**

The Brighton and Hove Eating Disorders Peer Support Service is a partnership involving Men Get Eating Disorders Too, As You Are, Brighton and Hove Carers Centre and Sussex Partnership NHS Trust

For those directly affected:

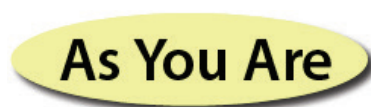
- First Tuesday of the month, 7:00 - 8:30pm.
- Third Wednesday of the month, 7:00 - 8:30pm.
- Contact email: [bhedspeer2peer@gmail.com](mailto:bhedsppeer2peer@gmail.com)

Family/friends group:

- Last Wednesday of the month, 7:00 - 8:30pm
- Contact email: bheds.carers@gmail.com

All the groups will take place at **Brighthelm Centre**
North Road, Brighton, BN1 1YD

Please contact via email before attending the group at least a week beforehand.



Sussex Partnership 
NHS Foundation Trust

