



SEDs

Peer to Peer

Sussex Eating Disorders
Peer Support Service



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Groups for adult men, women and trans* people directly affected by eating disorders living in the West Sussex area.

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

Haywards Heath group:

• 3rd Monday of the month,
7 - 8.30pm
Yews Centre

Horsham group

• 1st Tuesday of the month,
7 - 8.30pm
Drill Hall

For general enquiries
please email:

sam@mengetedstoo.co.uk

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the group at least a week beforehand.*



As You Are

Sussex Partnership
NHS Foundation Trust

