

## Eating Distress North East

EDNE offer a confidential service for people experiencing difficulties around food/eating disorders, as well as for their families and professionals. Available to people living or working in Tyneside, Northumberland and County Durham. You don't need a formal diagnosis and can self-refer.

They provide:

- information, guidance and signposting
- counselling for men and women aged 18+ with eating distress / disorder.
- monthly support group for sufferers
- eating distress/disorder educational talks for schools, colleges and community groups (fees on application)
- carers support group & training
- mindfulness courses
- health and wellbeing workshops
- Continuing Professional Development certified training for professionals

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**Telephone:** 0191 221 0233

**Telephone note:** Answerphone out of hours

**Website:** <https://www.edne.org.uk/>

**Email:** [enquiries@edne.org.uk](mailto:enquiries@edne.org.uk)

**Twitter:** <https://twitter.com/edneuk/>

**Facebook:** <https://www.facebook.com/eatingdistressnortheast>

**Opening Hours:** Monday to Friday 9.30 am to 4.30 pm

**Cost:** Free

**Address:**

Units 4/5  
The Old Post Office  
5 Pink Lane  
Newcastle upon Tyne  
NE1 5DW

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[Mental Health](#)

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[Support Groups](#)