



ABOUT EDA NI

The Eating Disorders Association Northern Ireland (EDA NI) is a peer-led charity that delivers support, training and campaigning services for people with eating disorders/disordered eating, their loved ones and the general public.

Our support services are free, non-judgemental, confidential and you don't need to have a diagnosis.

We strive to instil hope that recovery is possible.

Recovery is always possible

Support Services



Helpline 028 9023 5959



1-1 emails, phone and in-person appointments



Online and in-person support groups for sufferers and loved ones



Advocacy service to help navigate the system



Free downloadable resources



Training & Education



Prevention workshops for children and young people



Bespoke awareness training programmes. Successfully delivered to:

- GPs
- Universities
- Teachers
- Sports clubs



Campaigning



Member of REDNG and EDFNI



Lobby Stormont and Westminster



Amplify the voices of people with lived experience



Co-produce all our materials



Raise awareness through traditional and social media





Contact Us

- **Phone Number**
028 9023 5959
- **Email Address**
info@eatingdisordersni.co.uk
- **Website**
www.eatingdisordersni.co.uk
- **Social Media**

