

Adapt Eating Distress Association

Description:

Adapt is a voluntary organisation established in 2000 by volunteers. Adapt aims to promote and increase knowledge and provide a greater understanding of eating distress in the community. To provide help and support to people with eating disorders, their friends and families, to lobby local and regional organisations and to advocate on behalf of sufferers and carers. Adapt provides many services.

- â€¢ Telephone Youth helpline/textline

- â€¢ Website, providing on-line support and information for young people

- â€¢ Education and awareness raising work in schools, community/youth groups

- â€¢ Training

- â€¢ Drop-in centre

- â€¢ One to one support and outreach

- â€¢ Information packs

- â€¢ Self-help monthly meeting for sufferers and carers

General Enquiries: 028 38 347535

Helpline: 028 38 338869

Youthline: 028 38 323895

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