



North West Centre for Eating Disorders

Providing choice in eating disorders treatment

Telephone Helpline



You can obtain free advice and information about eating disorders and their treatment over the telephone. The NWCED telephone helpline is open on Monday evenings from 7 - 9 p.m. (excluding Bank Holidays). This service will be useful if you have concerns about yourself or a family member or friend. The telephone helpline is staffed by a qualified advice and guidance worker. The helpline does not provide ongoing counselling or crisis intervention.

Drop-In Advice Service



You may access an NWCED counsellor free of charge for advice and information about eating disorders and self-help. If you have concerns about yourself or a family member or friend, visiting the Drop-In may be a good first step in finding the help you need. Our Drop-In advice service is open at Oakwood House on Monday evenings from 5 - 7 p.m. (excluding Bank Holidays). No appointment is necessary. The Drop-In does not provide ongoing counselling or crisis intervention.

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