

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

Last updated: February 26, 2023

Telephone: 0191 221 0233

Telephone note: Answerphone out of hours

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

Email: 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](#)