

USEFUL TELEPHONE NUMBERS AND WEBSITES

RR15

Samaritans	08457 90 90 90
Crisis Resolution Team	01482 335790
Hull Royal Infirmary	01482 328541
Rape Crisis	01482 329990
Saneline (Self Harm)	0845 767 8000



ROUTINE TELEPHONE NUMBERS

SEED Eating Disorder Support Services	01482 718130
SEED Resource Room	01482 344084
SEED Nutrition Advice via Emma Wed 6.30pm to 7.30pm	01482 561856
B-eat (Beating Eating Disorders) Adults Line	0845 634 1414
Youth Help Line	0845 634 7650
Single Point of Access (East Riding)	01482 617560
PALS—Patient Advice & Liaison Services	01482 347627
Evolve Hull Eating Disorder Day Service	01482 344083
CAMHS (HULL)	01482 303688
CAMHS (ER—BEVERLEY)	01482 702083
CAMHS (DRIFFIELD)	01377 208280
PYSHER (Psychosis)	01482 336786



WEBSITES

www.seedeatingdisorders.org.uk

www.b-eat.co.uk

www.rapecrisis.org.uk

www.mindhey.co.uk

www.sane.org.uk



E MAILS

hello@seedeatingdisorders.org.uk

marg@seedeatingdisorders.org.uk

maria@seedeatingdisorders.org.uk

nutrition@seedeatingeatingdisorders.org.uk



Adults: help@b-eat.co.uk

Youth: FYP@b-eat.co.uk

Footnote:

Visit www.seedeatingdisorders.org.uk for comprehensive information about eating disorders and for services that we offer.

SEED are here to help you!

DON'T SUFFER IN ISOLATION!

(Nov 2014)

