



New!



Eating Difficulties Peer Support Network - Southampton area

- Do you live in the Southampton area?
- Do you have a poor relationship with food?
- Do you struggle to cope day-to-day?
- Do these difficulties impact your life?
- Do you want practical support and resources from peers?

If you answered yes, join our Peer Support Network - a community for people aged 18+ with eating difficulties and their carers/supporters in the Southampton area. Connect with others who understand and have similar lived experience online, in groups, or through 1-2-1 buddying the community.



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