

Bolster is a coaching service from Beat intended to support you towards recovery. Through weekly calls with a trained Beat Helpline advisor, you'll set achievable goals to help build your confidence so you can make positive changes.

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You have been so understanding, empathetic and caring. This is the first time anyone has really heard me and I am so grateful for this. I now feel able to put some steps in place.

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– Helpline user

About Beat

Beat is the UK's eating disorder charity. We offer a wide range of support services to anyone affected by an eating disorder, whether their own or that of someone they know. This includes a 365-day-a-year phone, email and webchat Helpline service, message boards, and online peer support groups.

To find out more about what else we offer, visit beateatingdisorders.org.uk/support-services.



A charity registered in England and Wales (801343) and Scotland (SCO39309).

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Need support for an eating disorder?

BOLSTER

A telephone-based coaching service from Beat, the UK's eating disorder charity.

About Bolster

Everyone with an eating disorder deserves the very best chance to get better. But taking the brave step to seek treatment and getting access to the support you need can be difficult, and if you're waiting for treatment, it can be hard to stay positive.

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I thought I would never get well, that these thoughts would never go away. There was no way I was ever going to be able to have a normal relationship with food and I was going to be fighting this forever. It felt like nothing was helping... Recovery seemed like it was something that happened to other people.

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Who is Bolster for?

Bolster is for anyone with an eating disorder who isn't currently accessing any eating disorder treatment and would like support in their recovery. To join the programme, please complete and return the signup form we sent you. We'll check that this programme is suitable for you and then be in touch to arrange an initial conversation between you and your Bolster advisor.

To learn more about Bolster, contact us at bolster@beateatingdisorders.org.uk or through our Helpline on 0808 801 0677.

How does Bolster work?

Bolster is a coaching service. The aim isn't to tell you what to do – coaching is a way of encouraging and supporting you to achieve a goal, change a behaviour, and develop or build on existing skills. Over 24 weeks, you and your advisor will create a supportive, safe, confidential space, where they'll act as a sounding board and help you to set achievable goals. Bolster isn't a form of clinical therapy and is not intended as a replacement or stand-in for clinical treatment.

Once you've joined Bolster, we'll arrange an initial call with your advisor so that you can start getting to know them and talk about your expectations for the programme. They will explain more about how it works and gain more of an understanding of your situation.

After your first call, you'll speak to your advisor on the phone at the same time each week. The total length of the programme is 24 weeks.

During each call, you and your advisor will discuss the goals you've worked on, any new issues that have arisen, and what to work on for next week.

You'll need to be available for a 50-minute phone call in the first week, then a 40-minute call each week.

Generally, calls will take place at the same time each week. However, we do understand that this isn't always going to be possible, so you can rearrange a call up to three times.

Throughout the programme, you'll be asked to give us feedback so that we can assess the impact of the service and make improvements. We'll also ask you to complete an evaluation form at the end.

It's really helped me to talk through things and I really appreciate it. It just helps me to be honest and open and to make sense of everything. It's helped me to gain some strength and hope with fighting the eating disorder and working at recovery.

– Helpline user

I feel a lot more confident in my plan after having had this conversation.

– Helpline user

It's really nice to feel listened to and validated in my experiences and feelings. I feel much more confident in... trying to commit myself more to the positive behaviours that can translate into positive outcomes.

– Helpline user