

## **First Steps ED Befriending Service**



First Steps ED Befriending Service offers a compassionate, non-judgmental space where you can connect with a trained volunteer who has lived experience of an eating disorder or disordered eating.

Befriending provides emotional support and encouragement during your recovery journey. Through regular, one-to-one chats (via phone, video call, or email), you'll have someone to share your thoughts with—someone who truly understands.

So how does Befriending help? Befriending helps by offering a friendly, understanding voice during challenging times. With regular check-ins, it also offers consistent support, bringing stability and comfort throughout the journey.

Whether you're seeking motivation, someone to confide in, or simply a listening ear, our Befriending Service is here for you.

Find out more by visiting [the First Steps website](#).

*"I don't feel like just a number, feel like my mental health is being understood and not something that can be flicked on and off like a switch. I don't feel like I'm a burden and Naomi has taken such time and effort to get to know me. It has been very accessible, and I've been treated with such kindness and patience. Naomi has just been the best support worker; I feel I've built a real connection which helped me through some really difficult times. I don't have the biggest support network, so her communication has been so appreciated".*

- Verity, First Steps ED Befriende

