Student Run Self Help group for those with Eating Disorders

Student Run Self Help (SRSH) is a nationwide project that was started in 2007 by a group of students who were concerned about the lack of support available for students with eating disorders. The project has grown and there are now 12 active groups at universities across the UK. SRSH is affiliated with BEAT, the leading UK charity for people with eating disorders and their families.

The idea of our group sessions is to provide a safe place for students with eating disorders to talk about their feelings with other students who suffer from, or are in recovery from, eating disorders. The groups have a pro-recovery focus and group facilitators ensure that certain ‘ground rules’ are followed.

Groups run by SRSH are held both at Oxford Brookes University (brookes@srsh.co.uk) and Oxford University (enough@srsh.co.uk). Please email us if you have any questions, or for more information and to find out when the groups meet, please visit www.srsh.co.uk.