

Eating Disorder Awareness Week - 23 February 2026 - 1 March 2026

Eating Disorder Awareness Week aims to fight the myths and misunderstandings that surround eating disorders. Eating disorders can be isolating, making people feel alone whether someone has an eating disorder themselves or whether they are supporting someone.

Our Employee Assistance Programme, delivered by Health Assured, offers support that may assist and is available for all staff, and can also offer support to partners and dependents between the age of 16 - 24. Health Assured can be contacted on **0800 028 0199** or by downloading the Wisdom app.

Further information can be found here - [Occupational Health Forms - West Lothian Council](#)

Additional information can also be found via the UK's Eating Disorder Charity, Beat. Their theme this year centres around 'Community'. Celebrating the power of community and the vital role family, friends, and other support networks play in helping someone feel supported, understood, and never alone on their journey from seeking help, undergoing treatment and beyond.

[The UK's Eating Disorder Charity - Beat](#)