

FURTHER RESOURCES - CLICK TO VIEW

- to further your knowledge and promote on-going change

SUPPORT CHARITIES AND LINKS

- **BEAT** – The UK's Eating Disorder Charity
- **Samaritans** – Call 116 123
- **Hub of Hope** – Chasing the Stigma
- **Mind** – The Mental Health Charity
- **Mental Health Foundation** – Good Mental Health for All
- **Centre for Mental Health**

For more great body image related input, you can follow those who helped create the course by clicking the following links: **N.B. Views expressed are not those of BodEquality**

INSTAGRAM

- **BodEquality** – Changing Body Image
- **Jsky** – Singer, Presenter, Body Image Advocate
- **Clara Holmes** – Model and Influencer
- **Hope Virgo** – Mental Health Campaigner
- **Nyome Williams** – Plus-size Model
- **Laura Phelan** – Eating Disorder Specialist
- **Kirpal Bhogal** – Model, Actor, Vitiligo Advocate
- **Tom Ryder** – Musician and Journalist
- **James Makings** – Plus-size Model and Advocate
- **Pavie Valsa** – Make up Artist – Author / Influencer
- **Gus Bhandal** – The Marketing Guru
- **Sarah Johnson** – Body Confident Mum, Artist

LINKEDIN

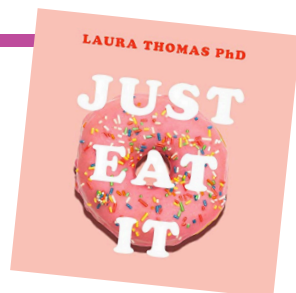
- **Nicholas Jemetta** – Co-Chair Mental Health and Wellbeing Group - Award-winning Mental Health Advocate

TWITTER

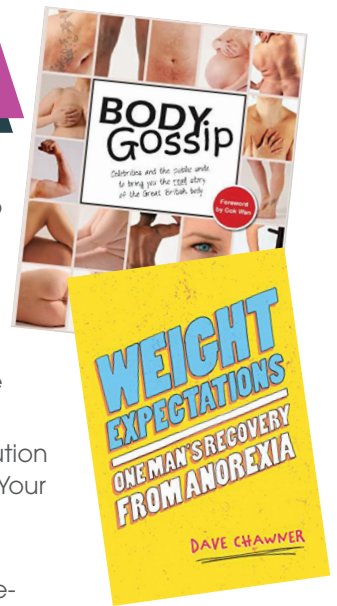
- **Dave Chawner** – Stand up Comic and Mental Health Campaigner

FURTHER READING

- **Anthony Warner** – The Truth about Fat: Why Obesity is not that Simple
- **Laura Thomas** – Just Eat It: How Intuitive Eating Can Help You
- **Ruth Rogers, Natasha Devon, Gok Wan** – Body Gossip
- **Bryony Gordon** – Eat, Drink, Run: How I got Fit Without Going Too Mad

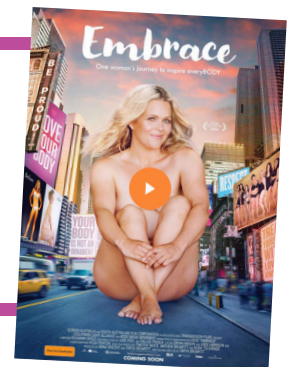


- **Emily Clarkson** – Can I Speak to Someone in Charge?
- **Dr David Bainbridge** – Curvology – The Origins and Power of Female Body Shape
- **Bill Bryson** – The Body – A Guide for Occupants
- **Mel Wells** – The Goddess Revolution - Make Peace with Food, Love Your Body and Reclaim Your Life
- **Erica Mather** – Your Body, Your Best Friend: End the Confidence-Crushing pursuit of Unrealistic Beauty Standards and Embrace Your True Power
- **Pavie Valsa** – Twenties and Happy – A Complete Guide to Happiness in a Little Pocket Book
- **Hope Virgo** – Stand Tall Little Girl – Facing up to Anorexia
- **Dave Chawner** – Weight Expectations – One Man's Recovery from Anorexia
- **Megan Jayne Crabbe** – Body Positive Power



FILMS

- **The Illusionists**
- **Embrace**
- **Straight Curve Film**



TV

- **The Naked Beach** – On Demand – All 4 - Channel 4

WE ALSO LOVE THESE INSTA ACCOUNTS...

- **Rachel Peru**
- **Jameela Jamil**
- **Helen Thorn**
- **Bryony Gordon**
- **#effyourbeautystandards**
- **Chachi Power Project**
- **Gok Wan**
- **Stevie Blaine**
- **Troy**
- **Ben Whit**
- **Baddiewinkle**
- **Tess Holliday**
- **Stacey Solomon**
- **Molly J Forbes**
- **David Fadd**
- **Phillippa Diedrichs**
- **Be Real Campaign**
- **Caryn Franklin**
- **Dove**
- **This Girl Can**