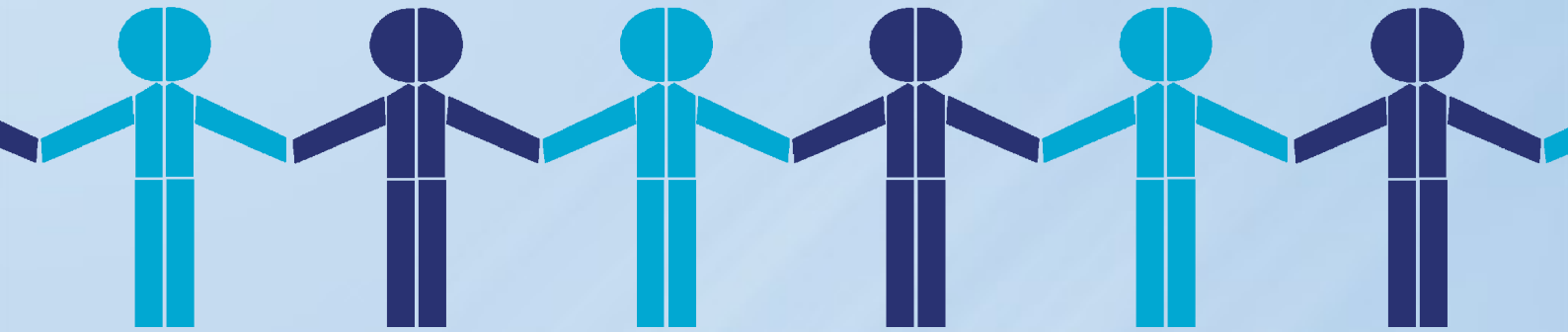




# MHM Wales



## **SORTED**

### **Share Our Recovery Through Eating Disorders**

**Peer 2 Peer Support for people with all types of eating disorders**

**An individual can be malnourished and suffering from physical complications of an eating disorder at any weight.**

**Eating disorders are mental illnesses and someone's level of suffering cannot be determined on the basis of their weight or physical health.**

**Meetings take place 5:30pm - 7pm**

**2nd & 4th Mondays of every month (excluding bank holidays) at:**

**MHM Wales, Union Offices, Quarella Road, Bridgend. CF31 1JW**

**Contact [sorted@mhmwales.org](mailto:sorted@mhmwales.org)**