

M±P MODELS

MENTAL HEALTH RESOURCES

M+P team members have recently participated in an eating disorder and general mental health workshop aimed at the struggles facing models in the industry and we wanted to share with you the resources available either through the agency or third parties. These resources are also great if you are concerned about a fellow model.

Please feel free to contact any member of the M+P team if you are struggling with any form of mental health issue, we will do our best to provide support ourselves or help find qualified assistance.

If you would prefer to go directly to external help please see below for a list of resources catered to a variety of different needs.

Please click on links below to go to relevant web pages



[The Be Well Collective](#) offers a range of different online resources through [videos](#), a great [mentorship program](#) and monthly [workshops](#). They also have a great list of other [support and healthlines](#)

[Beat Eating Disorders](#) is another great resource that offers [online peer support](#) for those helping others through eating disorders as well as [support](#) for those going through it themselves. They also have lots of information about [recovery](#).



[Seed](#) is a support service that has lots of resources including an [in-person room](#) filled with reading material, online resources and people to speak with. They also provide [nutritional support](#) to help with healthy eating for those with or without eating disorders.

You can also use the [self referral service](#) on the NHS

Please remember that we are always here to chat if you need us, please reach out if you need assistance.

reach us the office: **02077341051** or email : **lucy@mandpmodels.com**