

Supports for Recovery from an Eating Disorder

This guide provides information on resources available to support recovery for people with an eating disorder. Speak with your Treating Team about any questions you may have and to find out which resources are most appropriate for you.

Finding your support team	
<i>Seeking professional support is an important step in improving your physical and mental health. Health professionals that may be part of your support team include a GP, psychologist, counsellor, psychiatrist, dietitian, peer worker, and/or exercise physiologist.</i>	
Butterfly Foundation <i>Find a Professional</i> – referral database	https://butterfly.org.au/get-support/butterfly-referral-database/
Connect ED – referral database of all clinicians credentialled with the Australia and New Zealand Academy for Eating Disorders (ANZAED)	https://connected.anzaed.org.au/
Navigating Medicare Eating Disorder Management Plans	https://insideoutinstitute.org.au/medicare/faq/#gsc.tab=0
Support groups and programs	
Eating Disorders Queensland <ul style="list-style-type: none"> • Individual counselling • Peer mentor program • Groups programs 	https://eatingdisordersqueensland.org.au/ In-person, phone or video available Phone: 07 3844 6055
Butterfly Foundation <ul style="list-style-type: none"> • Online recovery program • Workshops and webinars for carers • Virtual and webchat support groups 	https://butterfly.org.au/get-support/support-programs/
QLD Eating Disorder Service Day Program (QLD Health – public health service) >16yo	https://metronorth.health.qld.gov.au/rbwh/wp-content/uploads/sites/2/2019/06/queds-day-program-patients.pdf
Child and Youth Mental Health Service Eating Disorders Program Day Program (QLD Health – public health service) <18yo	https://www.childrens.health.qld.gov.au/service-eating-disorders-program/
Ramsay Clinic New Farm Eating Disorder Day Program (private health service)	https://www.ramsaymentalhealth.com.au/en/our-locations/Mental-health-clinics/qld-locations/newfarm/specialty-areas/eating-disorders/
Robina Hospital Eating Disorders Day Program (private health service)	https://robinaprivate.com.au/uploads/robinaprivate.com.au/HCA_Robina-Private_Eating-Disorder-A4-Day-Program-flyer-PRINT.pdf
Skill-based learning	
National Eating Disorder Collaboration (NEDC) - Stories from Experience: A guide for individuals in writing their story	https://storiesfromexperience.com.au/

Helplines	
IN AN EMERGENCY, ALWAYS CALL TRIPLE ZERO (000)	
Butterfly Foundation National Helpline <ul style="list-style-type: none"> Free and confidential support via phone or online chat 	Phone: 1800 ED HOPE (1800 33 4673) https://butterfly.org.au/get-support/chat-online/ (Available 8am-midnight, 7 days/week)
MHCALL <ul style="list-style-type: none"> Confidential mental health support phone line connecting you with public mental health services 	Phone: 1300 MH CALL (1300 64 2255) (Available 24 hours, 7 days/week)
Podcasts	
<i>Available on podcast platforms</i>	
Join Our Table: A meal support podcast	https://podcasters.spotify.com/pod/show/join-our-table
Inside Out	https://insideoutinstitute.org.au/podcasts
Butterfly: Let's talk	https://butterfly.org.au/podcast/?gclid=EAlalQobChMlhOj-0p2O-glVo5hmAh2vMg5IEAAYASAAEqKHfvD_BwE
End Eating Disorders	https://www.ended.org.au/end-eating-disorders-podcast/
Blogs/videos	
Inside Out	https://insideoutinstitute.org.au/blog?audiences=for-myself
Eating Disorders Queensland <ul style="list-style-type: none"> Recovered: Eating issues in our own words 	https://www.youtube.com/watch?v=o8fP68Yn770
Megsy Recovery <ul style="list-style-type: none"> Lived experience - for all stages of recovery 	https://www.youtube.com/channel/UCey1WBhNthBx0vDy-pHe9uw/videos
Websites and links	
Eating Disorders Queensland <ul style="list-style-type: none"> General eating disorder information Resources 	https://eatingdisordersqueensland.org.au/
Butterfly Foundation <ul style="list-style-type: none"> General eating disorder information 	https://butterfly.org.au/
National Eating Disorders Collaboration <ul style="list-style-type: none"> General eating disorder information Treatment options 	https://nedc.com.au/
Centre for Clinical Interventions <ul style="list-style-type: none"> Information sheets and self-help resources 	https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating
Reach Out Australia <ul style="list-style-type: none"> General mental health information for young adults and parents 	https://au.reachout.com/
Break Binge Eating <ul style="list-style-type: none"> General information specifically on binge eating 	https://breakbingeaeating.com
Guided self-help books	
Overcoming bulimia and binge-eating: A self-help guide using cognitive behavioural techniques - Peter Cooper	
The body image workbook: An eight-step program for learning to like your looks - Thomas Cash	