

## Supports for Recovery from an Eating Disorder – Carers and Key Support People

This guide provides information on resources available for people supporting a loved one with an eating disorder.

<b>Helping your loved one find a support team</b>	
<i>Seeking professional support is an important step in your loved one's recovery journey. You can use the information below to help them find clinicians who treat eating disorders.</i>	
Butterfly Foundation <i>Find a Professional</i> – referral database	<a href="https://butterfly.org.au/get-support/butterflys-referral-database/">https://butterfly.org.au/get-support/butterflys-referral-database/</a>
Connect ED – referral database of all clinicians credentialled with the Australia and New Zealand Academy for Eating Disorders (ANZAED)	<a href="https://connected.anzaed.org.au/">https://connected.anzaed.org.au/</a>
Navigating Medicare Eating Disorder Management Plans	<a href="https://insideoutinstitute.org.au/medicare/faq/#gsc.tab=0">https://insideoutinstitute.org.au/medicare/faq/#gsc.tab=0</a>
<b>Support groups and programs for support people</b>	
Eating Disorders Queensland <ul style="list-style-type: none"> <li>• 1:1 coaching</li> <li>• Carer-connect group</li> <li>• Carer mentor scheme</li> </ul>	<a href="https://eatingdisordersqueensland.org.au/">https://eatingdisordersqueensland.org.au/</a> In-person, phone or video available Phone: 07 3844 6055
Butterfly Foundation <ul style="list-style-type: none"> <li>• Online support groups</li> </ul>	<a href="https://butterfly.org.au/get-support/support-programs/">https://butterfly.org.au/get-support/support-programs/</a>
Eating Disorders Families Australia <ul style="list-style-type: none"> <li>• Strive support group</li> </ul>	<a href="https://edfa.org.au/parents-and-carer-support/eating-disorder-support-groups/">https://edfa.org.au/parents-and-carer-support/eating-disorder-support-groups/</a>
<b>Skill-based learning</b>	
Eating Disorders Queensland <ul style="list-style-type: none"> <li>• The Shared Table – free, online meal support training program</li> </ul>	<a href="https://eatingdisorderscarerhelpkit.com.au/meal-support-training/">https://eatingdisorderscarerhelpkit.com.au/meal-support-training/</a>
Butterfly Foundation <ul style="list-style-type: none"> <li>• Collaborative Care Skills - free, online understanding eating disorder recovery program</li> </ul>	<a href="https://butterfly.org.au/get-support/support-programs/">https://butterfly.org.au/get-support/support-programs/</a>
F.E.A.S.T <ul style="list-style-type: none"> <li>• FEAST 30 Days – free, educational emails sent daily for 30 days</li> </ul>	<a href="https://www.feast-ed.org/feast-30-days/">https://www.feast-ed.org/feast-30-days/</a>
Inside Out <ul style="list-style-type: none"> <li>• SupportED - online self-help program for carers of people with an eating disorder</li> </ul>	<a href="https://insideoutinstitute.org.au/insideout-supported-online-self-help-program-for-carers-of-people-with-an-eating-disorder/">InsideOut - SupportED: Online Self-Help Program for Carers of People with an Eating Disorder (insideoutinstitute.org.au)</a>

### Helplines

#### IN AN EMERGENCY, ALWAYS CALL TRIPLE ZERO (000)

<p>Butterfly Foundation National Helpline</p> <ul style="list-style-type: none"> <li>Free and confidential support via phone or online chat</li> </ul>	<p>Phone: 1800 ED HOPE (1800 33 4673)</p> <p><a href="https://butterfly.org.au/get-support/chat-online/">https://butterfly.org.au/get-support/chat-online/</a> (Available 8am-midnight, 7 days/week)</p>
<p>MHCALL</p> <ul style="list-style-type: none"> <li>Confidential mental health support phone line connecting you with public mental health services</li> </ul>	<p>Phone: 1300 MH CALL (1300 64 2255)</p> <p>(Available 24 hours, 7 days/week)</p>

### Podcasts

*Available on podcast platforms*

Inside Out	<a href="https://insideoutinstitute.org.au/podcasts">https://insideoutinstitute.org.au/podcasts</a>
Butterfly: Let's talk	<a href="https://butterfly.org.au/podcast/?gclid=EAlaIQobChMIhOj-0p2O-glVo5hmAh2vMg5IEAAYASAAEgKHfvD_BwE">https://butterfly.org.au/podcast/?gclid=EAlaIQobChMIhOj-0p2O-glVo5hmAh2vMg5IEAAYASAAEgKHfvD_BwE</a>
End Eating Disorders	Available on podcast platforms

### Books

8 Keys to Recovery from an Eating Disorder - Carolyn Costin
Life Without Ed - Jenny Shaefer

### Websites and links

<p>Eating Disorders Families Australia</p> <ul style="list-style-type: none"> <li>General eating disorder information</li> <li>Resources</li> </ul>	<a href="https://edfa.org.au/">https://edfa.org.au/</a>
<p>Butterfly Foundation</p> <ul style="list-style-type: none"> <li>General eating disorder information</li> </ul>	<a href="https://butterfly.org.au/">https://butterfly.org.au/</a>
<p>National Eating Disorders Collaboration</p> <ul style="list-style-type: none"> <li>General eating disorder information</li> <li>Carer information</li> <li>Treatment options</li> </ul>	<a href="http://Home(nedc.com.au)">Home (nedc.com.au)</a>
<p>Eating Disorders Queensland</p> <ul style="list-style-type: none"> <li>Carer Help Kit</li> </ul>	<a href="https://eatingdisorderscarerhelpkit.com.au/">https://eatingdisorderscarerhelpkit.com.au/</a>
<p>Inside Out Institute</p> <ul style="list-style-type: none"> <li>Blogs/articles</li> <li>Resources</li> </ul>	<a href="https://insideoutinstitute.org.au/carers/">https://insideoutinstitute.org.au/carers/</a>
<p>Centre for Clinical Interventions</p> <ul style="list-style-type: none"> <li>Resources</li> </ul>	<a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Others">https://www.cci.health.wa.gov.au/Resources/Looking-After-Others</a>
<p>Reach Out Australia</p> <ul style="list-style-type: none"> <li>General mental health information for young adults and parents</li> </ul>	<a href="https://au.reachout.com/">https://au.reachout.com/</a>