EDFA is the only national organisation providing support, EDucation, advocacy, and counselling SOLELY for carers and families impacted by an eating disorder.

## Fill The Gap Counselling Service

Getting support as a carer can improve your wellbeing and contribute to your loved one's recovery journey

FREE, online, one-on-one counselling sessions for adult carers and Young Supporters (aged 10-17) who care for a loved one with an eating disorder

- Lived-experience counsellors
- Online sessions provide nationwide access
- 🕜 No waitlist or referrals required
- Book session by session
- No cap on the number of sessions





**Book a Session** 

## Online Carer Support Groups

Connect with other carers of a loved one with an eating disorder from around Australia.

FREE, peer support for a wide range of adult carers, diagnoses, and recovery stages.

- Relaxed and comfortable one-hour groups
- No expectation to share
- Anonymity if preferred
- Run by facilitators with their own experience as an eating disorder carer





**Register For a Group** 

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