

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 nation-wide 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