

Our Services for Families and Carers

Fill The Gap Counselling Service

- Free, one-on-one, online
- No waitlists or referrals required
- Qualified counsellors with lived experience

National Online Support Groups

- Facilitated by trained, lived experienced carers.
- Frequent general and targeted support groups for adult carers and siblings.

Online Support Forum

- Private Facebook Group, providing online lived experience peer support.
- Daily connection with other carers.

EDucation Webinars

- Two education webinars each month presented by professional experts and lived experience speakers.

Become a Member

Our Annual Membership of \$35 for individuals or \$55 for a family provides you with the support and resources needed to care for your loved one.

- **Over 90** support groups and education webinars per year.
- **Access to** more than 160+ hours of webinar recordings in our digital library.
- **Access to** digital educational resources, Australian services, and more.
- **Free monthly** mindfulness and meditation sessions.
- **Welcome pack.**

Finding the right support for your loved one living with an eating disorder can be tough.



To save time and stress, search the **connect-ed** national online directory of mental health professionals and dietitians who have the skills and experience needed to treat eating disorders.

Feel more confident in the road to recovery.

HOW TO REACH OUT.

- ☎ 1300 195 626
- ☎ 03 9125 5670 Counselling
- ✉ admin@edfa.org.au
- @ [edfaustralia](#)
- 📍 [/company/eating-disorders-families-australia](#)
- 📧 public@edfaustralia
- 📘 facebook.com/groups/edfaustralia/
- 🌐 edfa.org.au



EDFA acknowledges the Traditional Owners of Country throughout Australia. We pay our respects to Elders past, present, and emerging.



When someone you care about has a problem with eating, weight, shape, or body image.

edfa
Eating Disorders Families Australia

Providing lived experience support, education and advocacy to families and carers impacted by an eating disorder.



ACHS

THE AUSTRALIAN COUNCIL ON HEALTH CARE ACCREDITATION
Inspiring Excellence in Healthcare

Accredited
Health Service

What is an Eating Disorder?

An eating disorder is a serious mental health condition affecting a person's relationship with food and their body image, and involving a range of behaviours such as restricting food intake, binge eating, and purging. Individuals with an eating disorder may have a distorted perception of their body shape and weight, and feel a strong need to control their eating habits.

For others, restriction/avoidance of food may be associated with a fear of choking, sensory overwhelm or trauma related to a food experience. This can lead to severe mental and physical health consequences, including malnutrition, organ damage, depression, anxiety, and social isolation.

Eating disorders are NOT a choice, and recovery is possible with a comprehensive approach that addresses the physical, psychological, and social aspects of the condition.

If someone you care about is showing signs of an eating disorder, early diagnosis and urgent action is key to recovery. He or she also needs support, compassion and understanding from family and friends.



*This brochure has been produced through the generous support of the **Heather Williams Trust**. Heather, who experienced an enduring eating disorder, understood the importance of strong family support in eating disorder treatment. Spreading this message to families who are caring for someone with an eating disorder is her legacy.*



Support, Education and Advocacy

- ✓ **EDFA supports families** and carers of people with an eating disorder.
- ✓ **Early diagnosis** and action are vital.
- ✓ **EDFA will assist** you to gain the skills and knowledge you need to care and support someone through their illness.
- ✓ When it comes to eating disorders, **families and carers are the frontline.**
- ✓ **EDFA encourages self-care and wellbeing** for the whole family during the eating disorder recovery journey.

Families and carers are often the first to notice warning signs and symptoms, meaning they play a pivotal role in diagnosis and treatment of eating disorders.

Eating Disorders Families Australia (EDFA) recognises that many families and carers struggle to access critical information, support and resources, and are confused about how to navigate a complex system.

EDFA is here to help families and carers give effective support.

How eating disorders affect the whole family.

Families and carers of those living with an eating disorder often experience heightened levels of stress, anxiety, depression, and social isolation.

They can sometimes experience loss of jobs, friends and social connections as well as financial strain.

Eating disorder stigma and misunderstanding exacerbates the distress experienced by families and carers.

Eating Disorders Families Australia (EDFA) is a national organisation established in 2016 by a group of parents who were caring for someone with an eating disorder. EDFA provides education, support and advocacy services for thousands of families and carers of those living with an eating disorder.

EDFA is proud to be Australia's national organisation solely for carers and families supporting someone with an eating disorder.