

Eating Disorders – Information for Young People and Their Families

Websites which have very useful resources and provide services/support for sufferers, parents and family members:

- Butterfly Foundation
<https://thebutterflyfoundation.org.au/>
Support, advice and recovery programs for people experiencing eating disorders and their families.
- Butterfly National Helpline
<https://thebutterflyfoundation.org.au/our-services/helpline/>
Free, confidential support available 8am – midnight, seven days a week.
- Butterfly online support groups
<https://thebutterflyfoundation.org.au/our-services/support-groups/>
Where people experiencing an eating disorder or body image issue or caring for someone with an eating disorder can connect with others in a safe space.
- Carers WA
www.carerswa.asn.au
Provide information, support and counselling to carers and people with care and support needs.
- Helping Minds
www.helpingminds.org.au
An organisation that offers quality, confidential support and services to children, youth, adults and families who are caring for someone.
- Bridges Eating Disorders Association of Western Australia Inc.
www.bridges.net.au
Community-based charitable organisation to advocate for and support people experiencing eating disorders.
- Women’s Health & Family Services Body Esteem Program
www.whfs.org.au/services/bep
A service which offers support for women suffering from eating disorders, assisting women to make informed decisions about their health to make and sustain positive change.
- Centre for Clinical Interventions
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating>
Online resources for a variety of mental health issues including eating disorders.
- F.E.A.S.T.
<https://www.feast-ed.org/>
Global support and education community of and for parents of those with eating disorders.
- Maudsley Parents
<http://www.maudsleyparents.org/>
A volunteer organisation of parents who have helped their children recover from eating disorders through Family-Based Treatment.
- NEDC Fact Sheets
www.nedc.com.au/families-and-carers

Information on the role of carers for people with eating disorders, as well as resources to equip carers with skills and coping techniques.

- Eating Disorders Families Australia

www.edfa.org.au/

Established by a group of Australian parents and supports to advocate for the needs and roles of other parents during this experience.

- Recovery Record Self-Monitoring App

<https://www.recoveryrecord.com/>

Assists people suffering with eating disorders to keep treatment relevant, timely and on track.

Suggested reading materials:

- Skills-based learning for caring for a loved one with an eating disorder: The new Maudsley method\ By Janet Treasure, Grainne Smith, and Anna Crane
The Succeed Foundation has developed a DVD based on the above book which has been written, produced, and directed by carers, patients, and clinicians <http://www.succeedfoundation.org/>
- Anorexia Nervosa; A Recovery Guide For Families, Friends and Sufferers
By Janet Treasure
- Eating Disorders a Parents' Guide, from Great Ormond Street Hospital Eating Disorders Clinic
By Rachel Bryant-Waugh and Bryan Lask
- Eating with your Anorexic – How my child recovered through family-based treatment and yours can too
By Laura Collins
- Anorexia and Bulimia in the Family
By Grainne Smith
- Biting the Hand that Starves You: Inspiring resistance to anorexia/bulimia
By Richard Maisel, David Epston and Alisa Borden
- Help Your Teenager beat an Eating Disorder
By James Lock and Daniel Le Grange
- My Kid is Back: Empowering Parents to Beat Anorexia Nervosa
By June Alexander and Daniel Le Grange

Dietitians with an Understanding of Eating Disorders:

- Nikki Cummings
Phone: 0412 705 355
Address: 100 Murdoch Drive, Murdoch
- The Swan Centre Dietitians
Phone: 9382 8775
Address: 392 Rokeby Road, Subiaco
 - Kate Fleming
 - Emily Eaton
 - Russell Phillips
- Kyla Smith
Phone: 9387 2844
Address: 2/84 Matlock Street, Mount Hawthorn
- Robyn Lenzo
Phone: 9319 3811
Address: 6-8 Antony Street, Palmyra
- Ingrid Roche
Phone: 9312 2166
Address: 3 Barry Marshall Parade, Murdoch
- The Mindful Dietician
Online community of Dietitians & Health Professionals
<https://www.themindfuldietitian.com.au/>