

eating disordersqld.



To facilitate hope
and recovery for
all people affected
by Eating Disorders.

HOPE ▪ **RESILIENCE** ▪ **RECOVERY**

OUR SERVICES:

Information Sessions

Eating disorder information sessions, on eating disorders and mental health topics, are held for individuals, carers, families and health professionals. An extensive library is available.

Individual Counselling (Statewide)

Counselling is available for individuals, carers and families across Queensland. Counselling support allows people to explore their underlying issues with skilled practitioners in a safe, therapeutic and confidential environment. These sessions are funded and at no cost to clients. Counselling can be carried out face to face, by phone or via Skype. Medicare rebated sessions are also available under a GP Mental Health care plan at affordable rates.

Trauma Informed Yoga Practice (Brisbane)

This practice recognises that many people have experienced trauma at some level and works to create a safe and empowering space in which participants connect with their body.

Peer Support and Meal Wellbeing (Statewide)

All our peer support and meal wellbeing programs are statewide. For individuals living with an Eating Disorder our peer mentor program provides support through a lived experience peer model, which is a community Stepped Care treatment approach. Our meal wellbeing program, Community Table, supports recovery for individuals through connected eating and is currently held at our Brisbane premises. Meal support information and downloadable resources are also available as an online Vodcast via our website.

Carer Peer Mentor Program (Statewide)

Our Carer Peer Mentor Program connects Queensland carers to be mentored by other carers who have supported a loved one with their recovery. All carer mentors are extensively trained to provide non-clinical, additional support.

Lived Experience Recovery Program (Statewide)

Speakers attend venues across Queensland to share their recovery from an eating disorder. All speakers have been in stable recovery for more than two years and attend several training sessions. Speakers come from a diverse range of lived experiences.

Group Therapy (Statewide)

Therapeutic groups for those living with an eating disorder allow participants to explore shared themes related to eating disorders, reduce isolation and shame, and build relationships with peers. Groups are facilitated by experienced practitioners.

Reconnect Events (Brisbane)

Events are held during Body Image and Eating Disorder Awareness Week, World Eating Disorder Action Day and Mental Health Week. Invited speakers share their insights on recovery and various activities that promote reconnecting with a healthy body image, eating disorder recovery goals and peers.

Family and Friends Support Group (Statewide)

A facilitated support group for family and friends supporting someone with an eating disorder, this group gives people a chance to share their current situation and connect with others with similar experiences.

Skills Based Workshop for Carers (Statewide)

The Fostering Recovery Workshop, based on the work of Professor Janet Treasure, helps carers, family and friends understand more clearly about eating disorders and ways to support recovery, make meal times less stressful, develop positive coping strategies and communication skills, and foster a healthier relationship with their loved ones.

Community Education (Statewide)

Body image and eating disorder workshops are held across schools, universities and the broader community to raise awareness, increase prevention and improve treatment responses.

Referral (Statewide)

We maintain a list of health professionals from different regions throughout Queensland who have both an interest in and experience with eating disorders. Hence, we can connect you with the appropriate health professional to provide you on-going support.



"It became clear to me that the importance of facing inner solutions is critical. I previously had no skills to do so."

(Participant, 18wk group)

"I was super nervous and scared about coming, and I was also worried that when I got there, I would freeze and literally be unable to... I went away really surprised at how much I talked and shared and wanted to say thank you for making me feel so comfortable and at ease."

(Counselling Client)

"To be in a group where you can say things that you'd never tell anyone, and other people can relate to it. It was so affirming to hear other people connect with what you were saying."

(Participant, 10wk group)

"Listening to other parents' stories gave me hope and made me feel less alone...it can happen to any family."

(Carer)

"I have recognised through mentoring how far I have really come."

(Mentor)

Please reach out if you are interested in any of these services. We can help with more information, referrals and/or arrange an assessment appointment.

eatingdisordersqueensland.org.au

The Eating Issues Centre (TEIC) and Eating Disorders Association (EDA) have merged to form Eating Disorders Queensland (EDQ).

EDQ is a statewide not-for-profit organisation funded by Queensland Health to provide the largest community support and treatment services for individuals and families living with and recovering from eating disorders, their carers and loved ones.

OUR VISION STATEMENT:

A world free from eating disorders.

OUR VALUES:

- **Nurture:** We create an inclusive, connected community that inspires hope and kindness.
- **Empowerment:** We create a safe environment where people have the power to lead recovery.
- **Integrity:** We work with respect, through honesty, trust and empathy in all that we do.
- **Innovation:** We work collaboratively and creatively to provide high-quality responsive programs, services and initiatives.
- **Collaboration:** We foster diversity through sharing learning among people with eating disorders, carers and sector partners.

Eating Disorders Queensland supports a vibrant community of individuals recovering from an eating disorder, including people with a lived experience, carers and family members. Here are a number of ways you can get involved.

Volunteer

Volunteers support our valuable work and goals helping with group support, administration and events. Please fill in an EOI on our website to join our volunteer team.

Financial Member

Financial members are emailed our news and events, are eligible to vote at our Annual General Meeting and can be nominated to join our Management Committee.

Sponsor

Make a real difference to someone's life by sponsoring one of our clients in a recovery group program, for which there is a minimal charge.

Donate

All donations directly support EDQ to deliver services to individuals, carers and families. Donations can be one-off or monthly and tax receipts are automatically sent. See our website for details.



Eating Disorders Queensland.

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Queensland
Government